

COUNTED CROSS STITCH DESIGNS

Flowers of the Month, Zodiacs, Holidays



INTRODUCTION

Rosemary Drysdale of New York has created this delightful collection of charted designs to be enjoyed throughout the year.

Born and educated in England, Rosemary has brought her needlework skills and design ability to the United States through many leading periodicals as both a designer and writer. Her teaching experience includes Pratt Institute, seminars for the Embroiderers' Guild of America and classes for adults and children. She has authored two major books, *The Art of Blackwork Embroidery* and *Pulled Thread Embroidery*, both published by Charles Scribner's Sons, New York City.

Rosemary designed these motifs to use in projects for six major holidays and represent each month of the year with its appropriate flower and by its Zodiac sign and symbol.

The array of projects affords you the opportunity to commemorate important calendar events with Counted Cross Stitch embroidery. This increasingly popular form of needlework can provide a memorable gift or highlight your holiday entertaining.

We hope you enjoy working these projects and welcome your comments.

Janet Rondeau
Design Director

COUNTED CROSS STITCH

Counted Cross Stitch may be worked on any fabric that is an evenweave (having the same number of horizontal and vertical threads per inch).

Hardanger



Fig. 1

Aida - 14 blocks



Fig. 2

Aida - 11 blocks



Fig. 3

Hardanger (Fig. 1) is woven from double cotton threads, usually 22 per inch. Cross Stitches are worked over pairs of these double threads although tiny designs may be formed by working over the single intersections of double threads.

Aida cloth (Figs. 2 and 3) has "blocks" of threads over which Cross Stitches are worked; 14 and 11 blocks per inch are the most readily available sizes.

Six-strand cotton embroidery floss is used for all the projects shown. Cut floss into 24" lengths, separate the strands and use the desired number (usually 2 or 3 strands).

A #24 or #26 tapestry needle is used for all stitching; the use of a hoop or thimble is optional.

The following diagrams show how to work Cross Stitches (Figs. 4 and 5) and two supplementary stitches, the Half Cross (Fig. 6) and the Backstitch (Fig. 7).

To begin stitching, hold an inch of the thread end beneath fabric and anchor it with the first few stitches. End these threads and begin subsequent ones by working over and under a few stitches on the back of fabric.

Cross Stitch. Bring thread up at 1, down at 2, up at 3 and down at 4 to form one complete Cross Stitch. Work a vertical row by forming each stitch individually. Work horizontal rows in two journeys as shown in Fig. 5.

One Cross Stitch is worked for each colored square on the charted design. Adjacent stitches share fabric holes and all threads on the reverse side will be vertical. The uppermost thread for all Cross Stitches should slope the same direction.

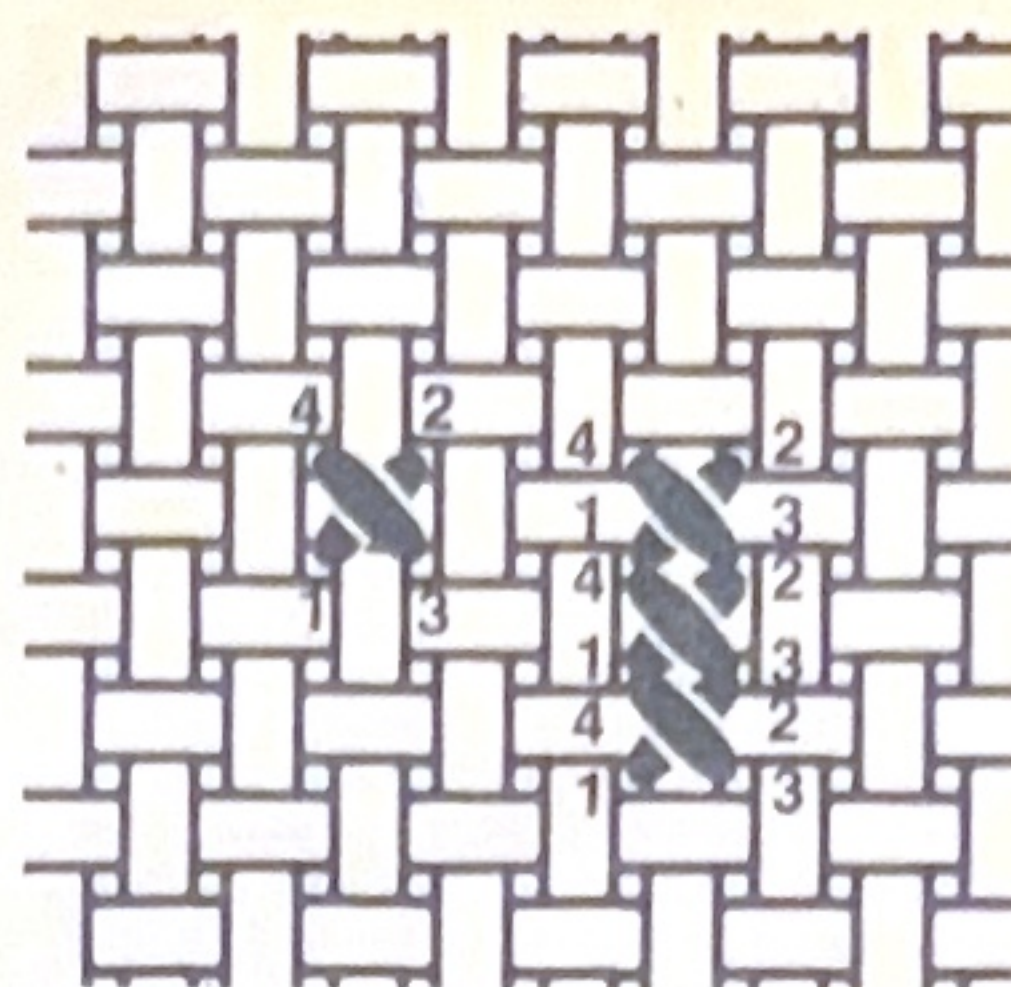


Fig. 4

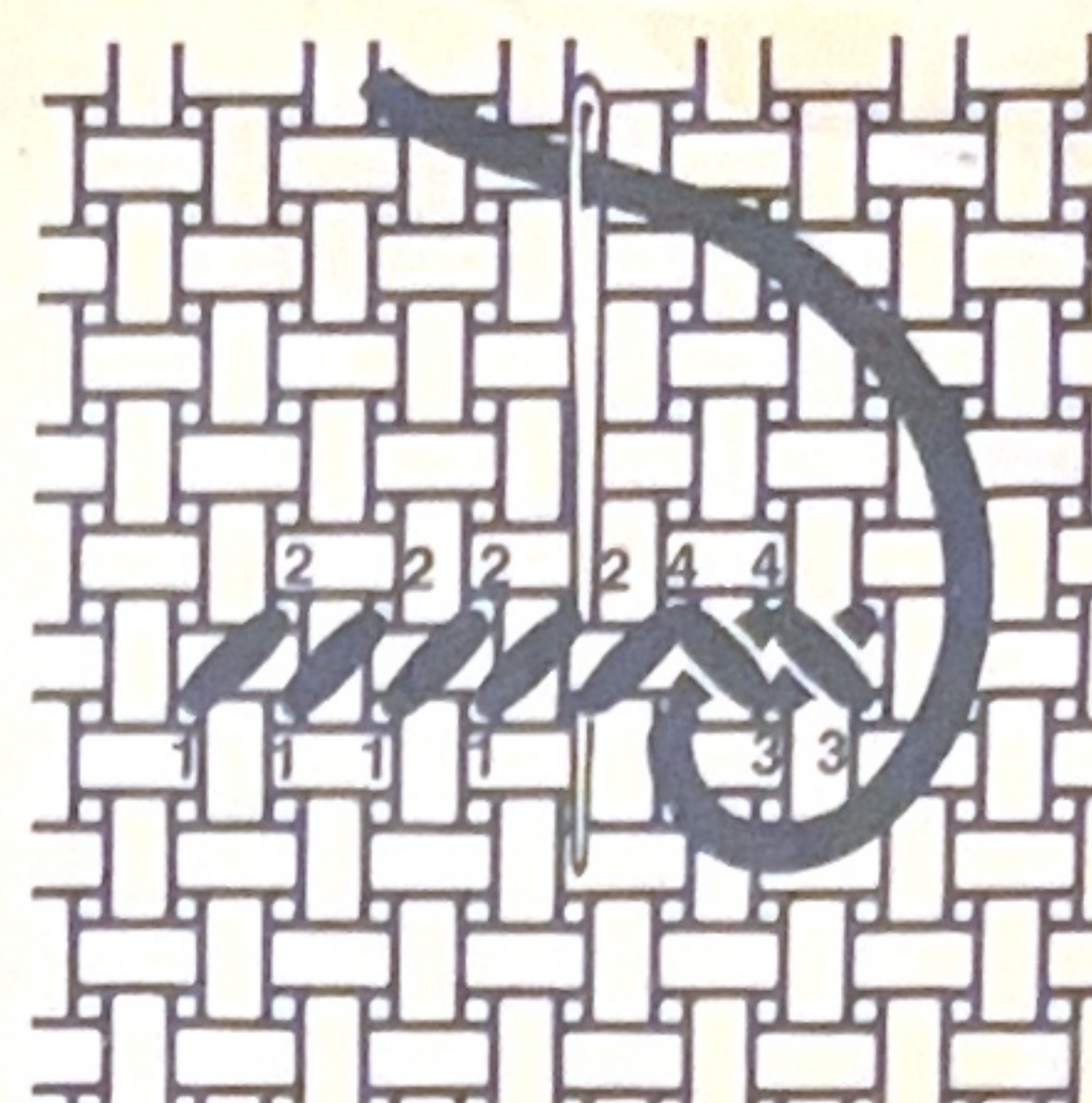


Fig. 5

Half Cross. Half of a Cross Stitch may be worked to slope in either direction as shown in Fig. 6. This is represented on the chart as a diagonal line or half of a square. It is used to create a feature line or to "round off" the unwanted square edge of a design.

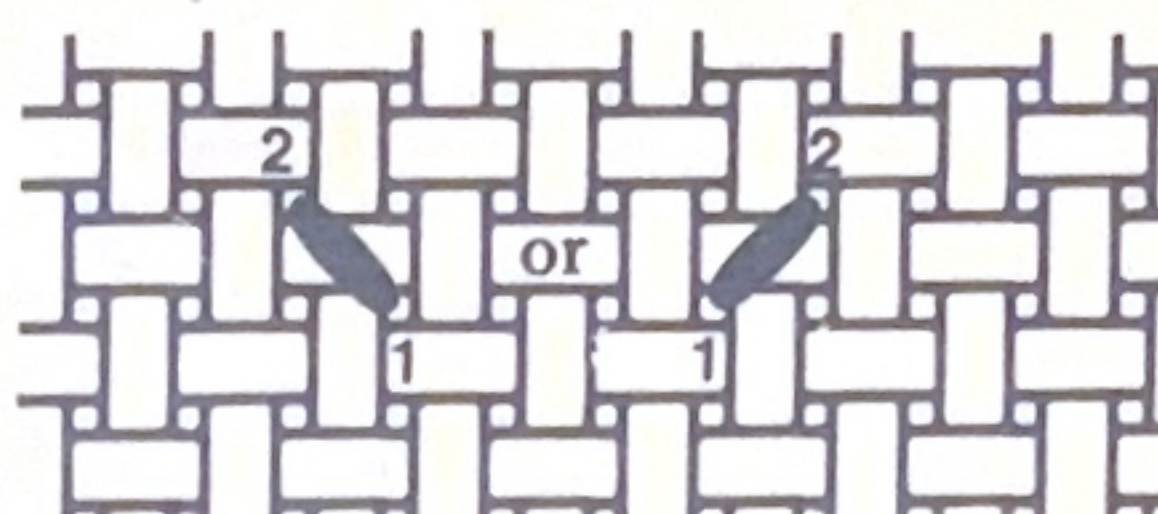


Fig. 6

Backstitch. Bring threaded needle up at 1 and stitch down at 2, the beginning of the design line. Bring needle up at 3 (2 stitch lengths forward beneath fabric) and down at 4 (same hole as 1). Continue in this manner, up at 5, down at 6, etc. A line of backstitching is shown on the chart as an outline. It is used to emphasize areas of design or provide very fine detail, usually with only a single strand of floss. Backstitching may be worked alongside existing Cross Stitches, sharing the same fabric holes.



Fig. 7

WORKING THE PROJECTS

Following are the instructions for working the projects shown on our covers. Before purchasing materials, read the directions completely and plan any changes in advance. Many of these small projects require just a small amount of each shade of floss, often enabling you to use "on-hand" colors.

Because a Cross Stitch is worked to correspond to each colored square on a charted design, the finished size of your project is determined by the "size of weave" of your chosen fabric. For example, when working a design that has 50 Cross Stitches (in either height or width), the dimension of that design on the various fabric sizes will be:

Fabric	Height or Width
Hardanger — 22 threads per inch: (Stitches worked over two threads)	4½"
(Stitches worked over one thread)	2¼"
Aida cloth — 14 blocks per inch	3½"
Aida cloth — 11 blocks per inch	4½"

Always locate the vertical and horizontal centers of your fabric; baste these guidelines if the project is large. Determine the center of the charted design and plan work according to these corresponding centers.

When embroidery has been completed, wash in tepid water using mild soap flakes. Rinse well and roll in a terry towel to remove excess moisture. Then place embroidery face down onto a dry towel and iron on the wrong side until embroidery is smooth and dry.



BIRTHDAY BELLPULL

(finished size 5 3/4" x 18 1/2")

The proportions of this project are quite flexible. Purchase the hardware first, then plan and finish the stitched piece accordingly. Each birthdate and appropriate flower for the month are represented.

Supplies: Bellpull hardware, upper and lower end pieces having a 5 3/4" opening; Ivory Aida cloth (14 blocks per inch), 8" x 23"; Six-strand cotton embroidery floss in the colors required for each design; Underlining (muslin or lightweight cotton); Backing fabric (medium-weight cotton or linen) of desired color; One yard 1/8" green piping (pre-made or make your own from straight cuts of backing fabric).

Working Directions: Baste the central vertical and horizontal guidelines and bind raw edges of fabric. Three motifs were chosen to be worked; the spacing between designs determines the length of the bellpull.

A Cross Stitch is worked over each block of threads using 2 strands of floss. Work the middle design centered over the horizontal and vertical guidelines. Work remaining flowers; cover sample allowed 2" spacing between flowers.

24" lengths of the following colors are required for each design:

- Carnation — peach, red, light green, medium green.
 - Rose — peach, dusty peach, dark peach, red, dark red, apple green, medium green, dark green.
 - Sweet Pea — light pink, pink, dark pink, raspberry red, pale lavender, lavender, purple, apple green, medium green, dark green.
- Note: Backstitch tendrils with a single strand of medium green.

Work appropriate dates with a single strand of dark green using Backstitch alphabet (P. 7). Remove basted guidelines.

Finishing: Press embroidery smooth. Trim Aida to measure 6 3/4" x 21 1/2" which allows 1/2" seam allowances along sides and 1 1/2" at both ends. Cut underlining and backing fabric, both to match embroidery measurements.

Baste underlining to wrong side of embroidery, then treat the two layers of fabric as one for the remainder of the finishing process.

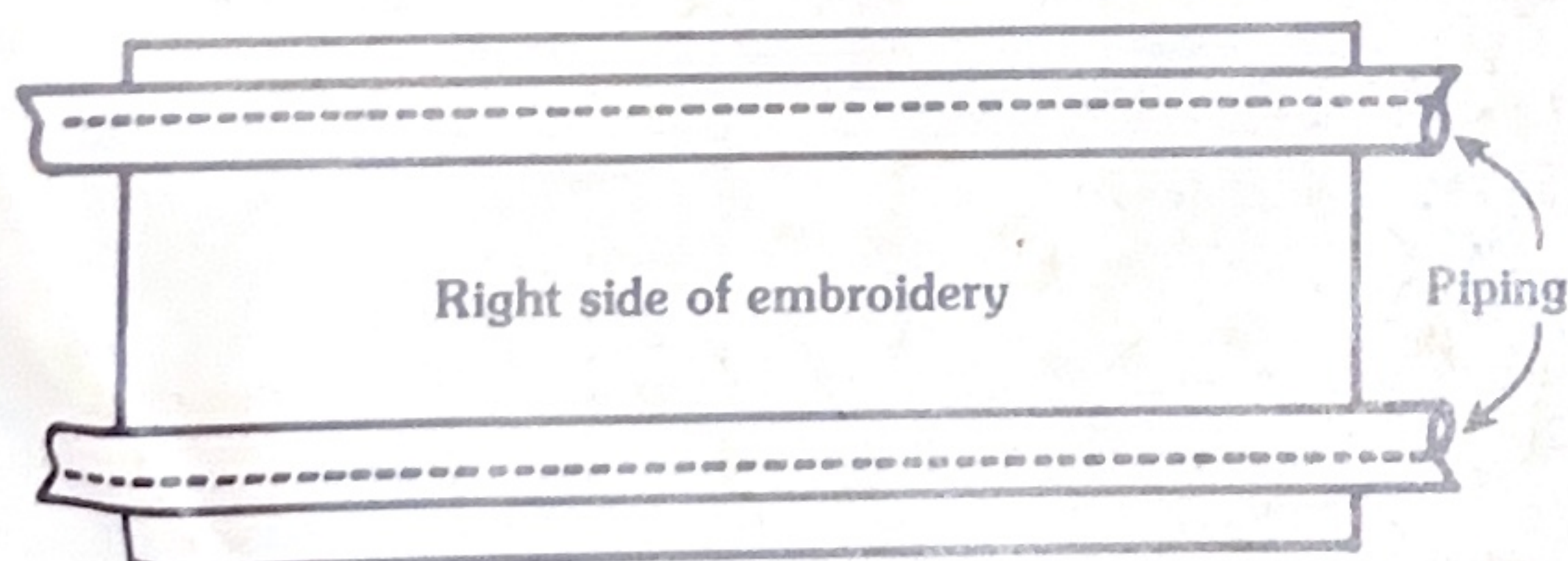


Fig. 8

Baste piping along both long sides on front of bellpull, raw edges facing outward (Fig. 8). Note: When machine-stitching side seams, sew all seams from the bottom toward the top of the bellpull. Using a zipper foot, sew piping to underlined embroidery.

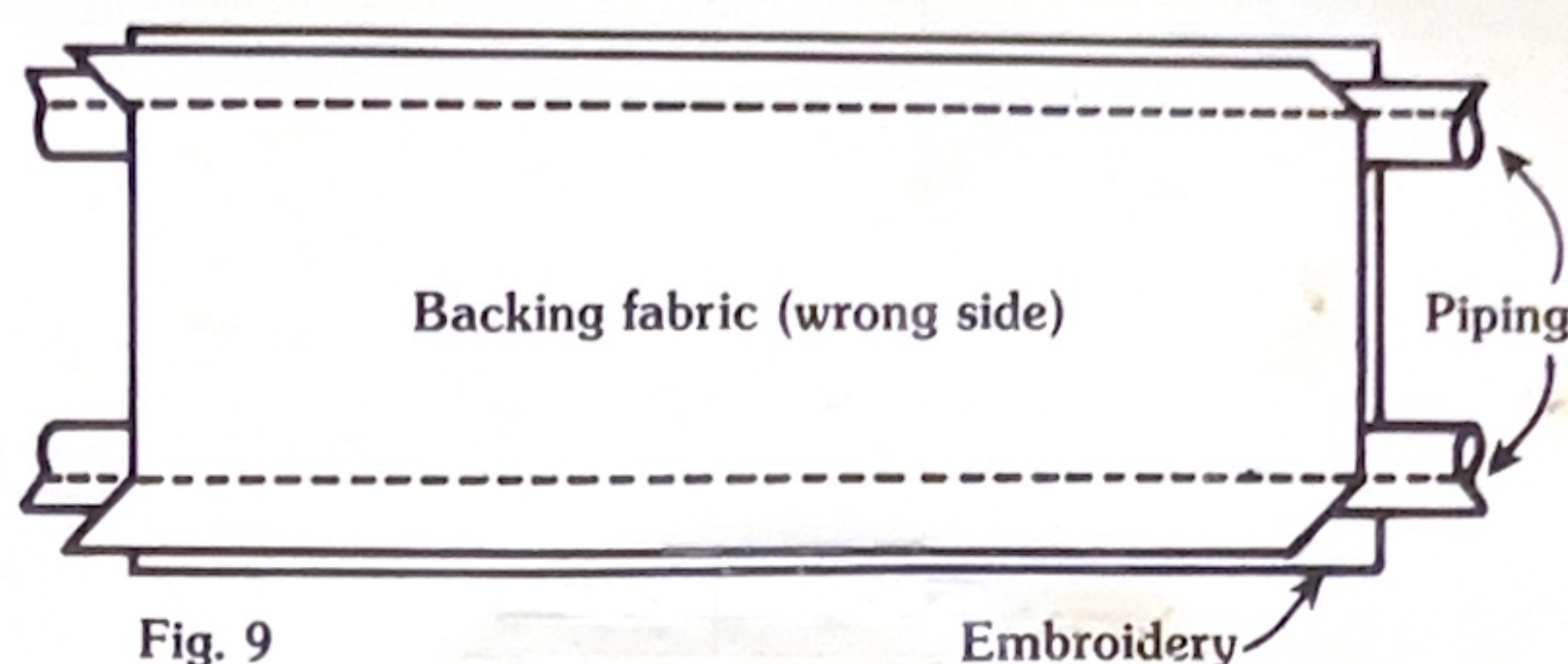


Fig. 9

Place backing fabric onto embroidery with right sides facing and baste in place (Fig. 9). Using a zipper foot, sew backing fabric to embroidery; both ends are left open.

Trim all side seam allowances successively; remove the greatest amount from the underlining, the least from the backing fabric. This "layering" eliminates the bulky ridge that might be visible if all seam allowances remained the same depth.

Carefully turn right side out. Press on wrong side using a press cloth. Insert ends into holding bars of hardware; turn under raw edges and sew by hand to backing fabric.



FRAMED ZODIAC SYMBOLS

(finished size 2 1/2" diameter)

These miniature designs are created by working on 22 threads per inch hardanger fabric; Cross Stitches are worked over each intersection of threads using one strand of cotton floss.

Supplies (for each design): White hardanger, 3" square; A few inches of 6-strand cotton embroidery floss, colors listed below; Non-woven iron-on interfacing; 2 1/2" diameter circular frame.

Working Directions: Using a single strand of floss, work the appropriate Zodiac symbol centered on the fabric. Cover samples show Leo worked with gold, Taurus with red and Aquarius with dark blue; all names are worked from Backstitch Alphabet (P. 7) using light blue.

Finishing: Press fabric smooth. Following manufacturer's directions, bond interfacing to back of embroidery. This prevents fraying of edges and work will be easy to handle.

Place empty frame over embroidery, measuring to assure the design is centered. With a pencil, lightly draw around the outside of the frame. Cut the interfaced fabric circle just inside of the pencilled guideline. Insert into frame.



FRAMED ZODIAC SIGNS

(finished size 5" square)

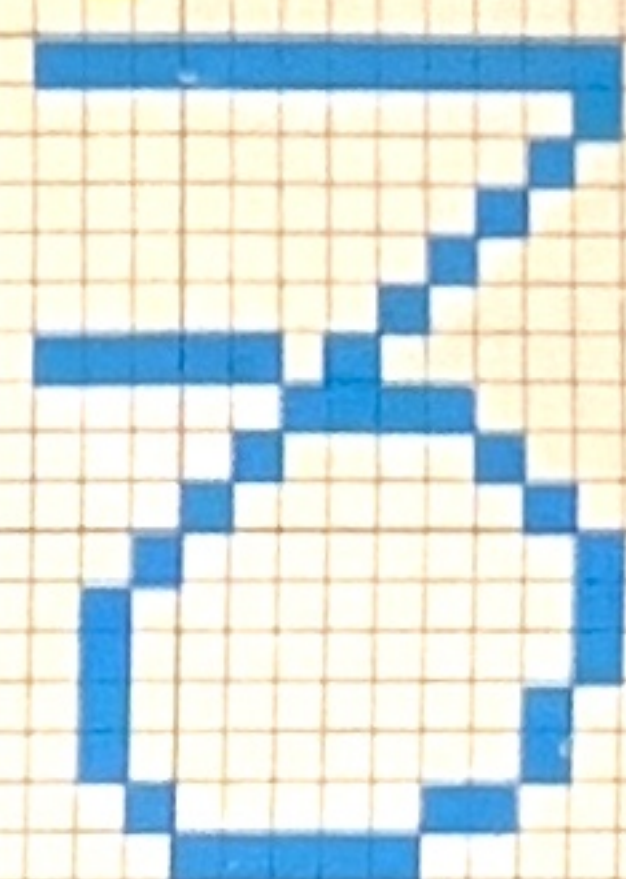
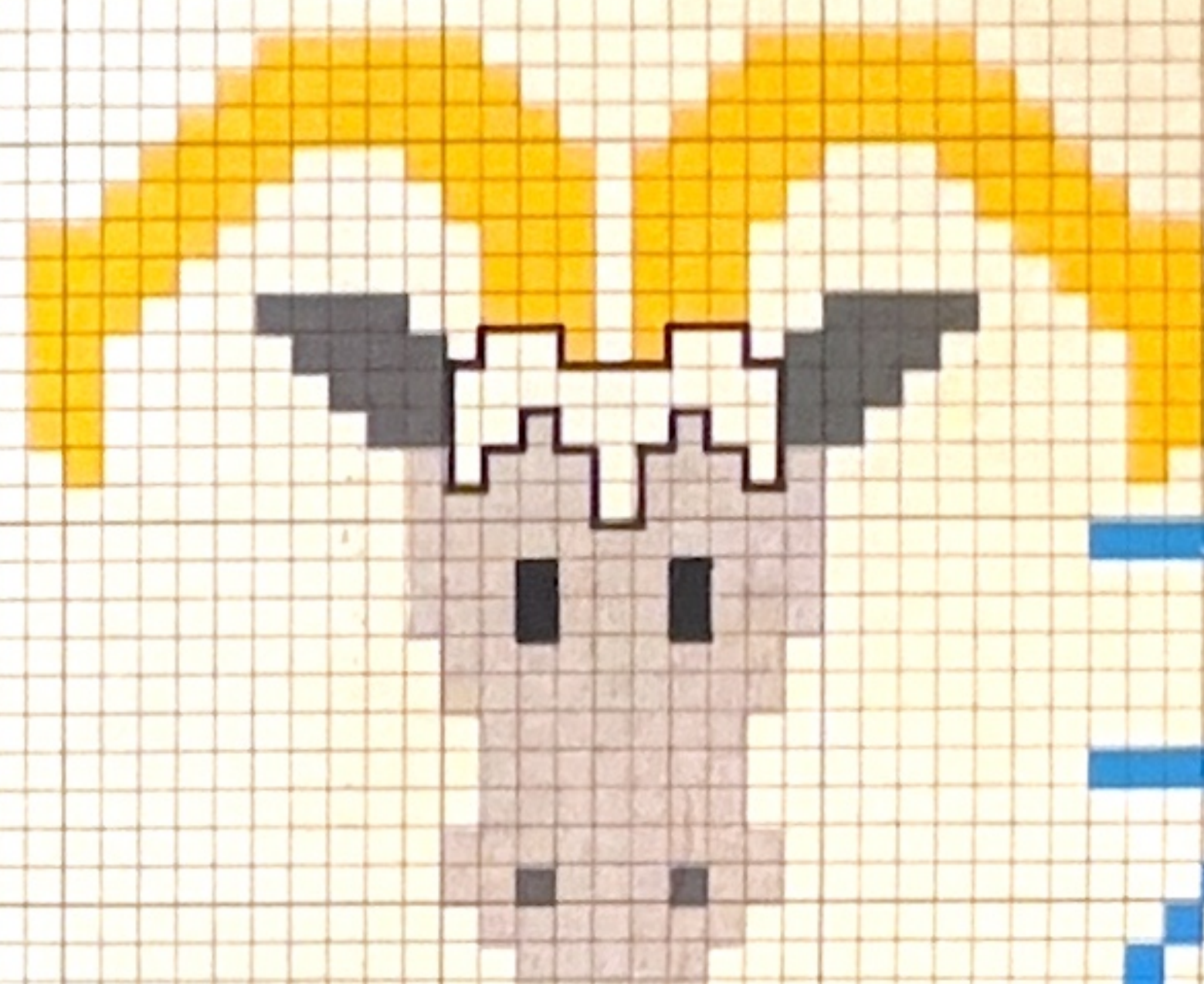
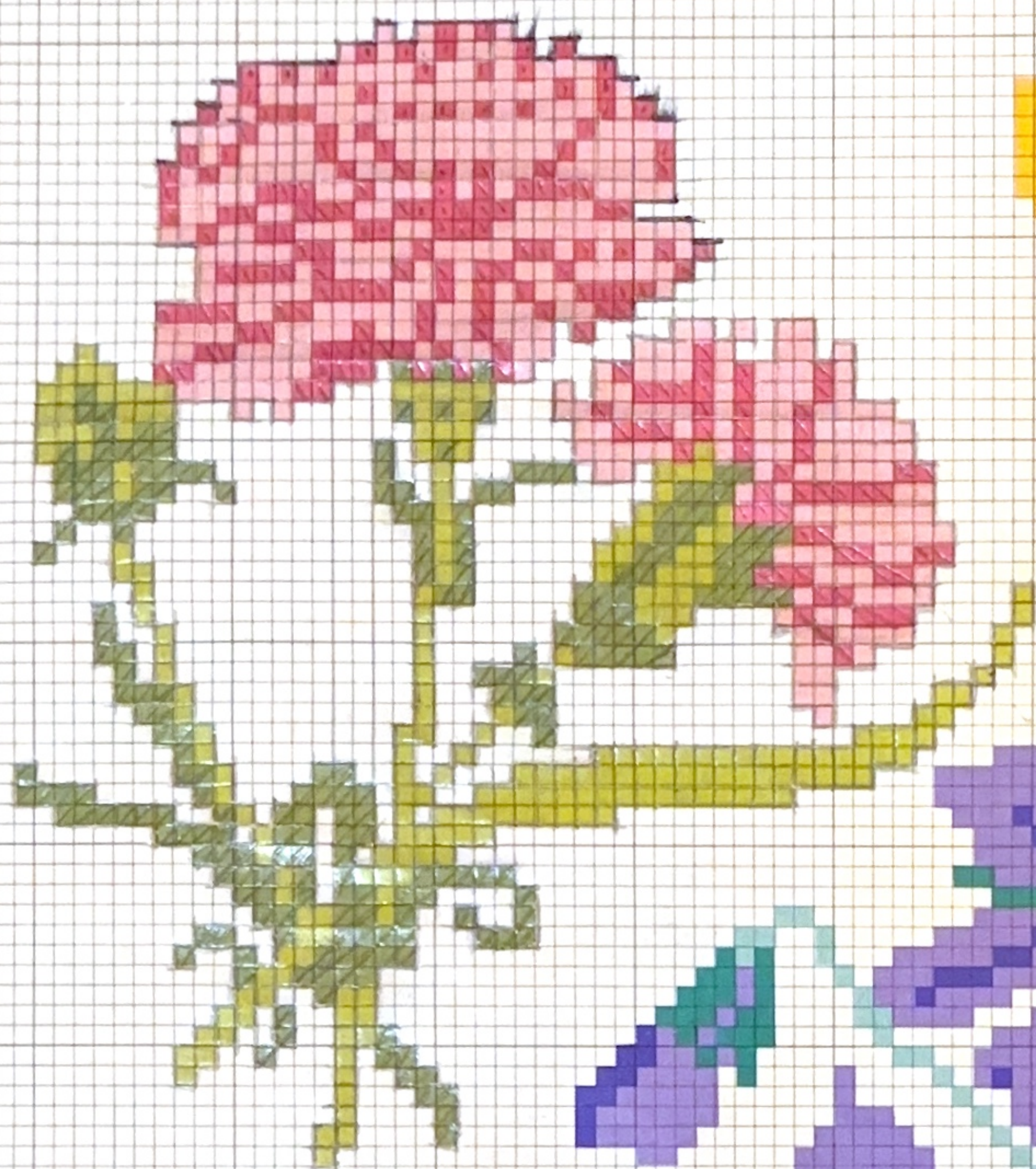
Supplies (for each design): Aida cloth (11 blocks per inch), 6" square; 24" of appropriate colors of 6-strand cotton embroidery floss; 5" square wooden picture frame.

Working Directions: Use two strands of floss for all stitching. Work Zodiac sign with name above, centered on the fabric.

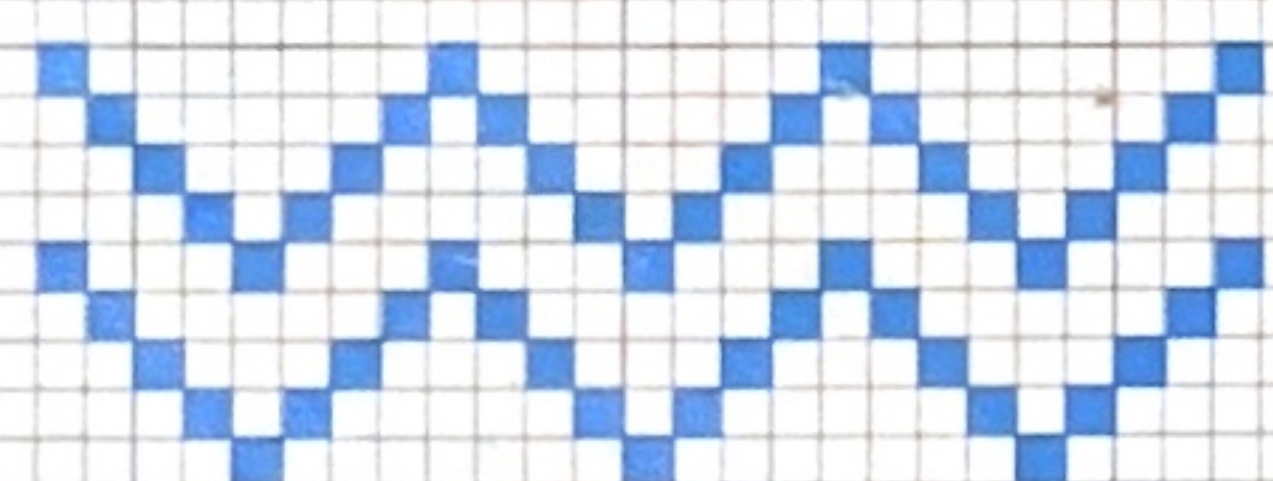
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JANUARY CAPRICORN

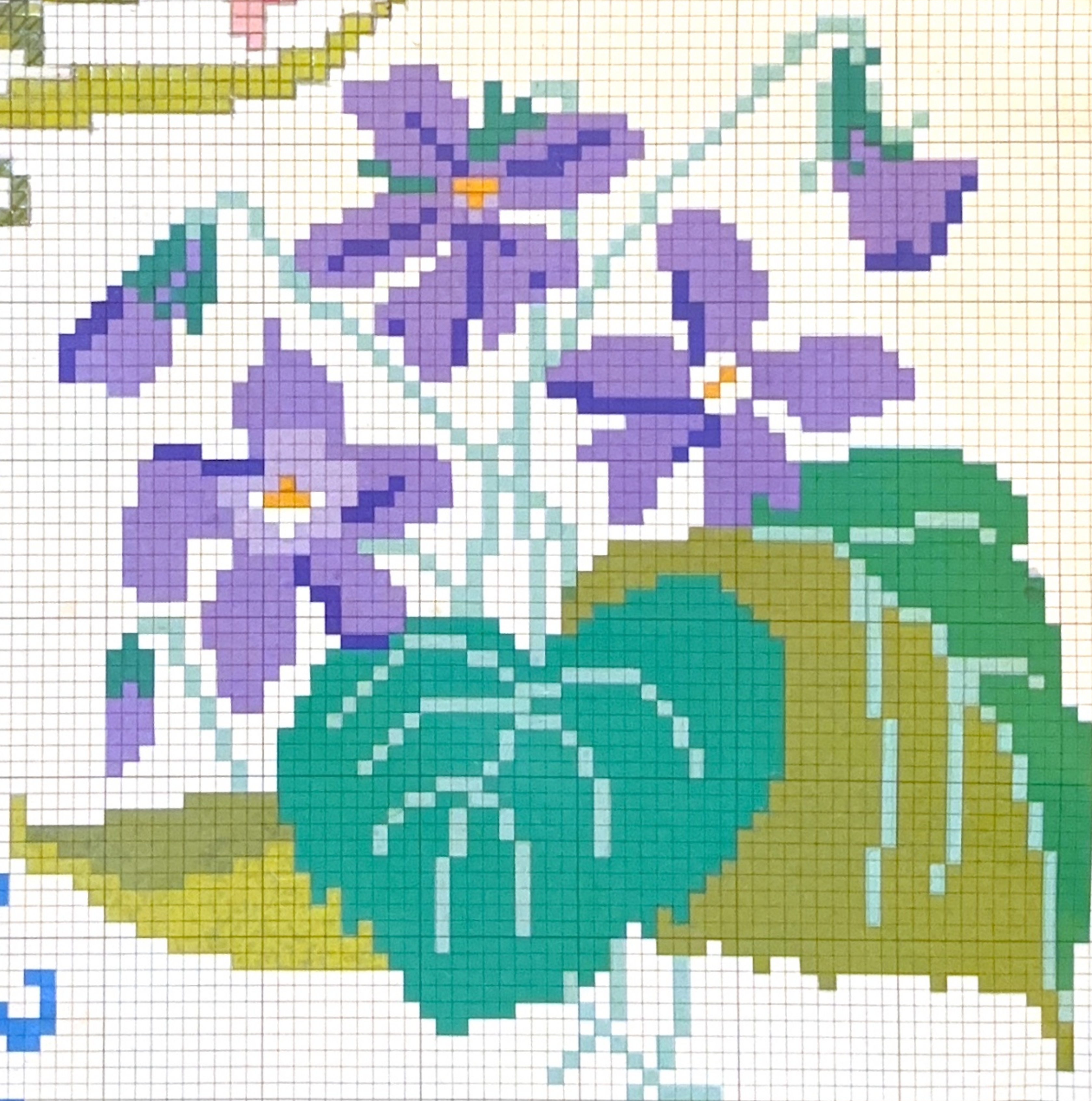
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CAPRICORN



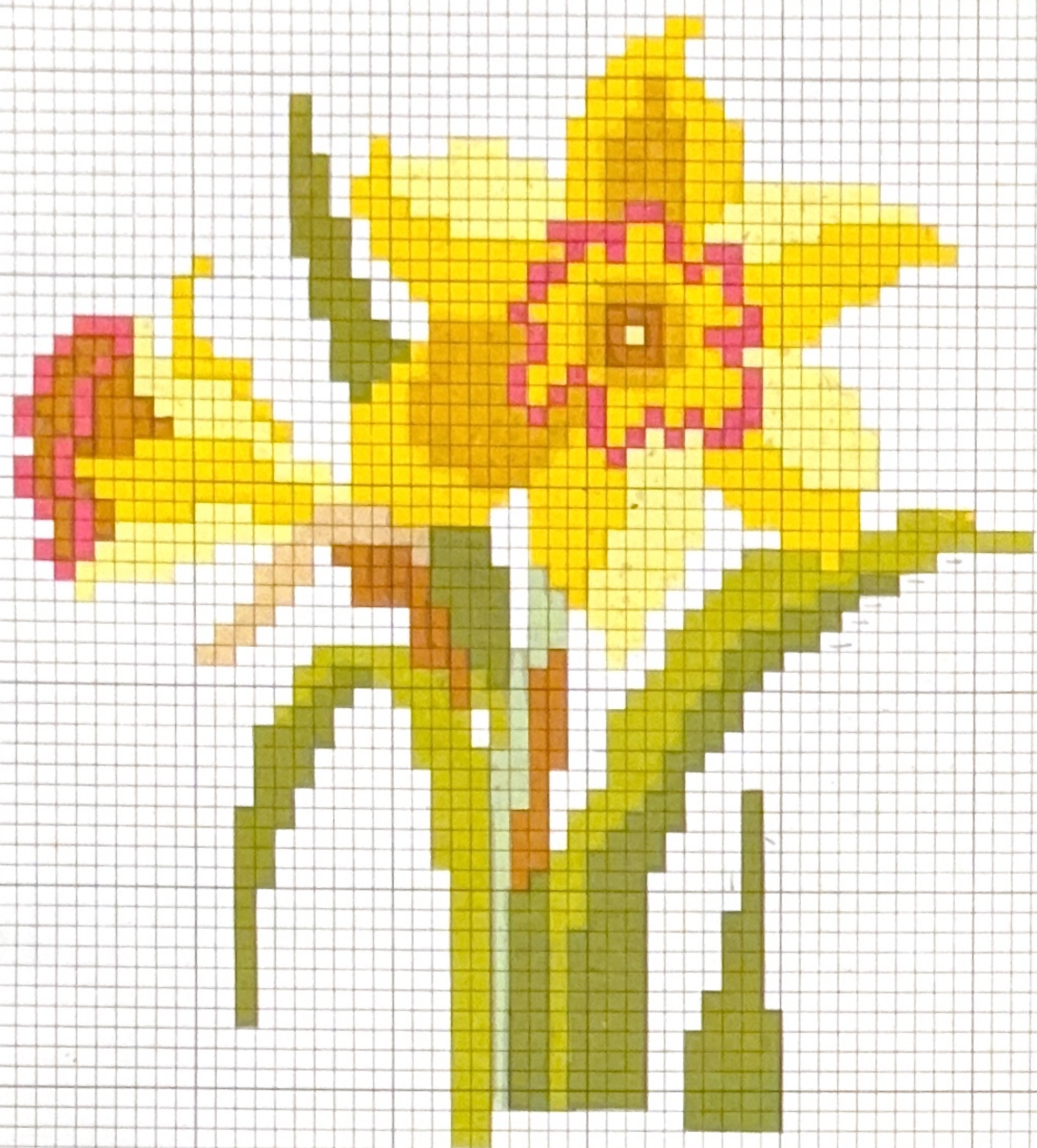
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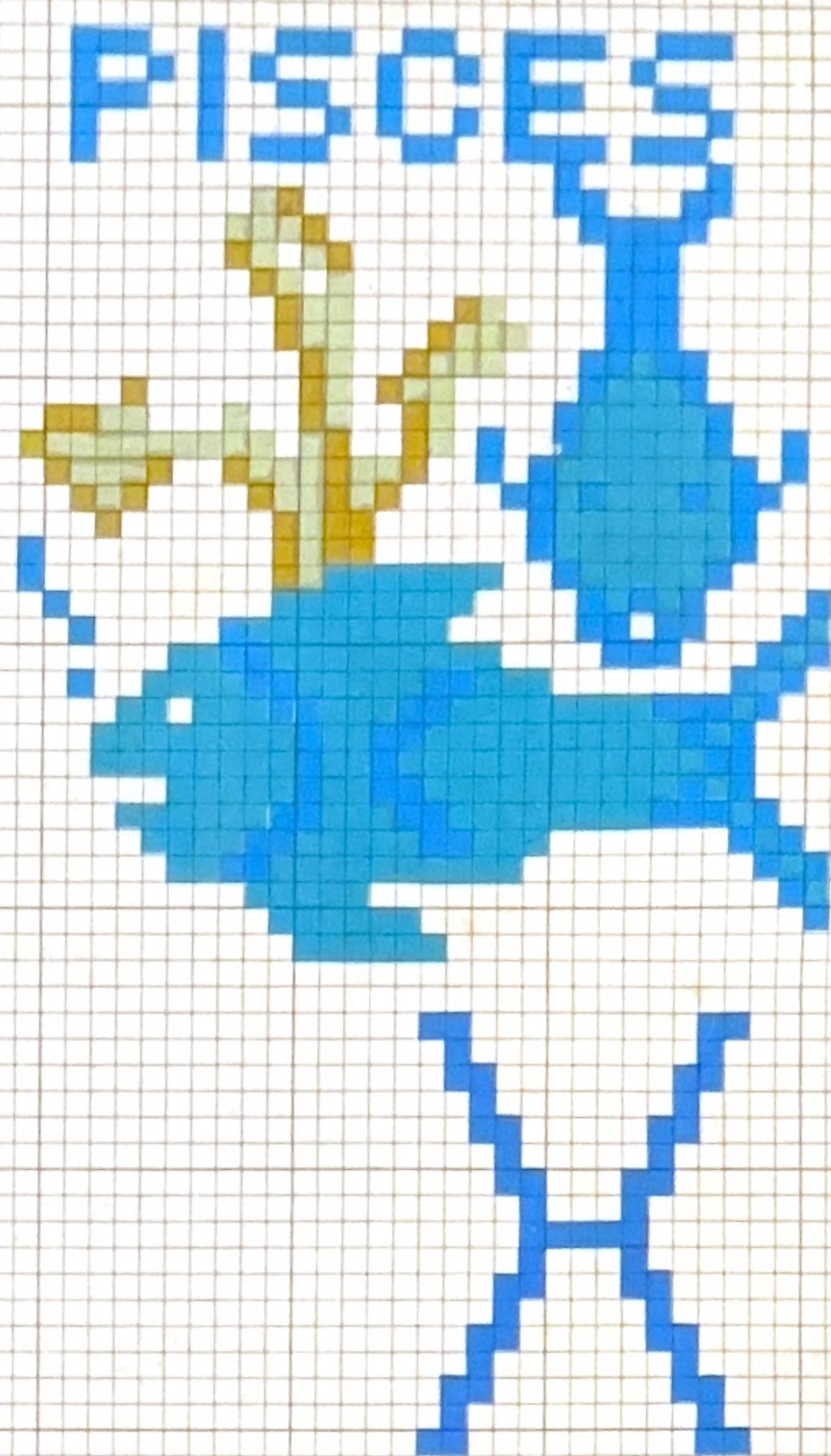
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FEBRUARY



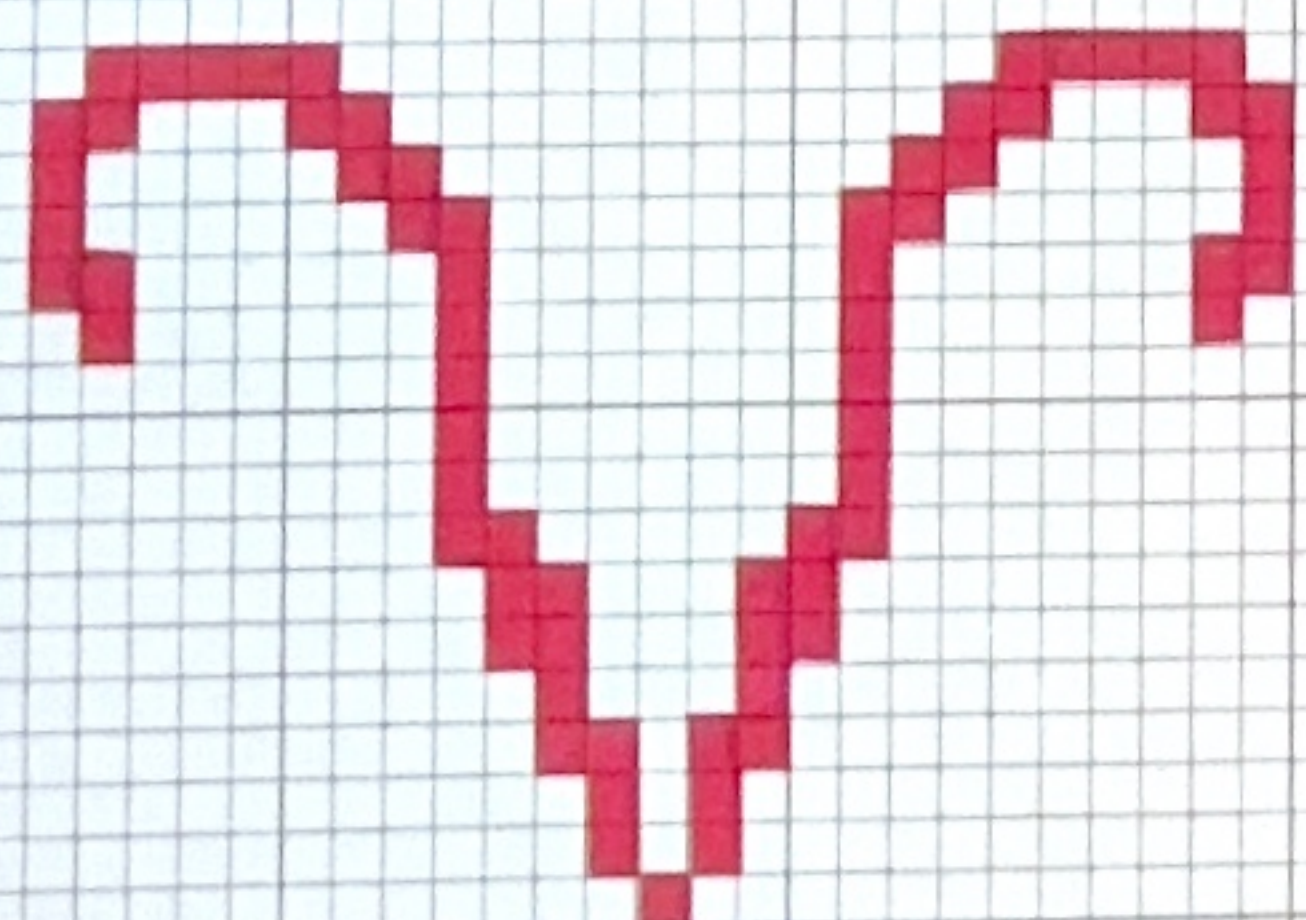
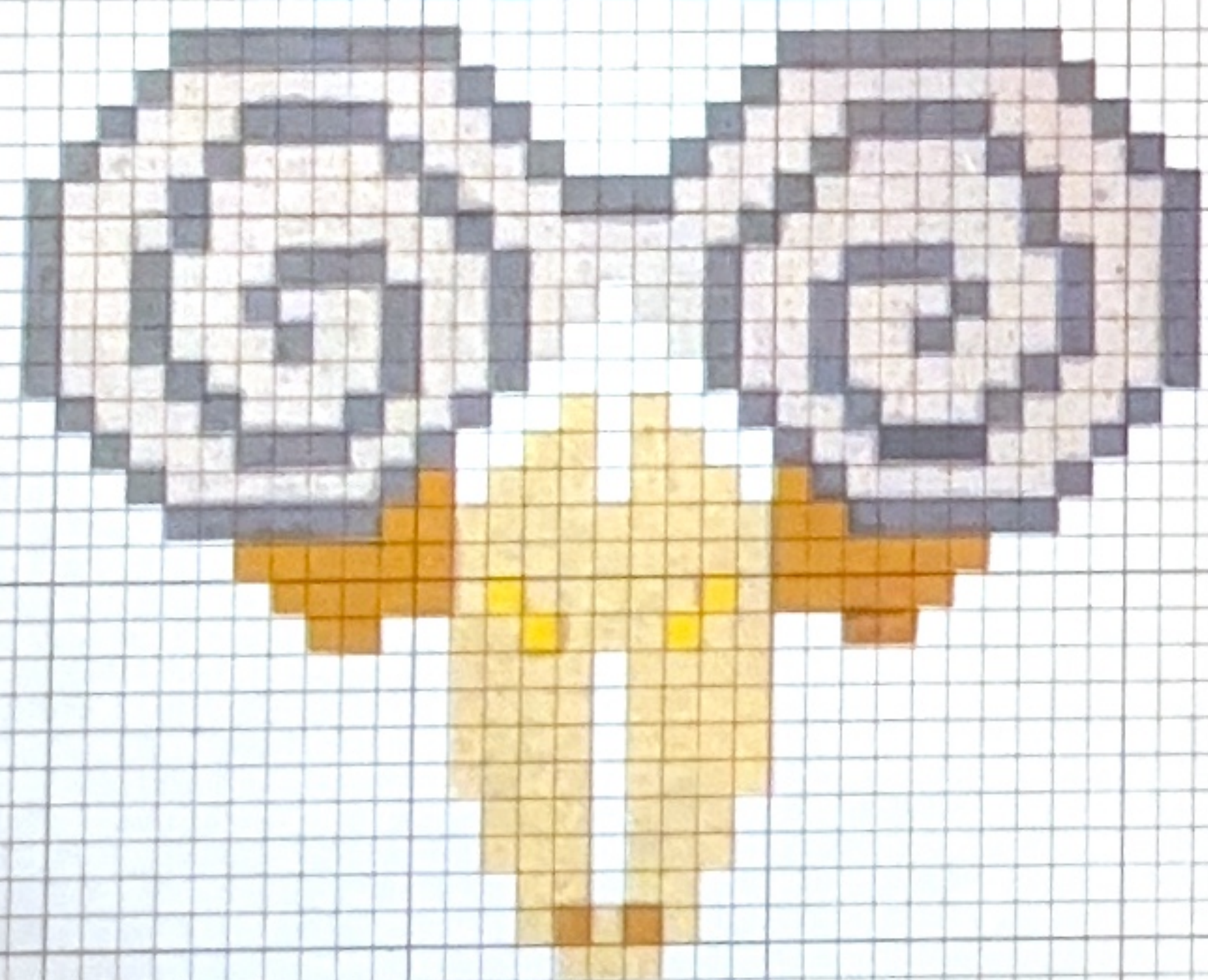
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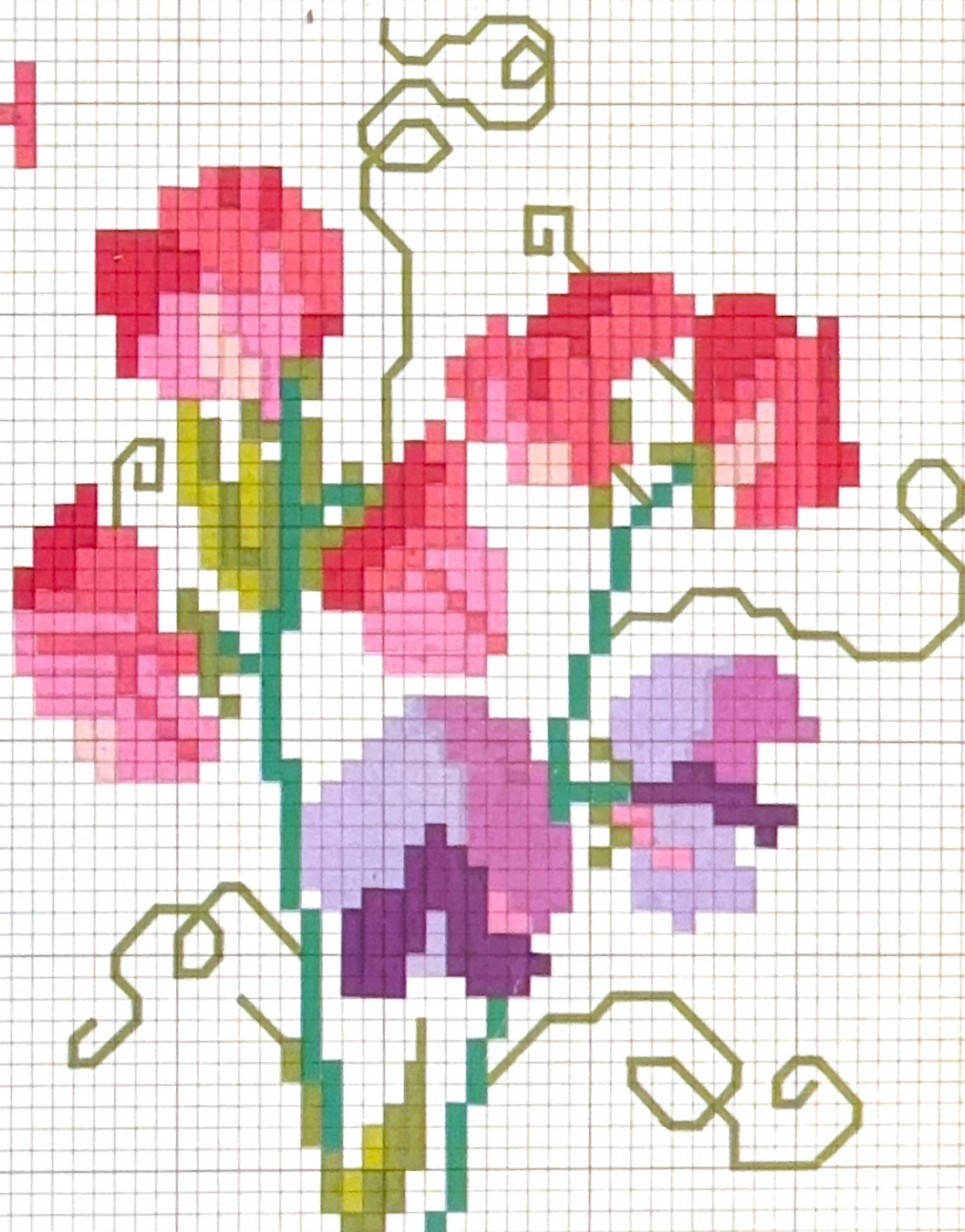
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MARCH

ARIES



ARIES



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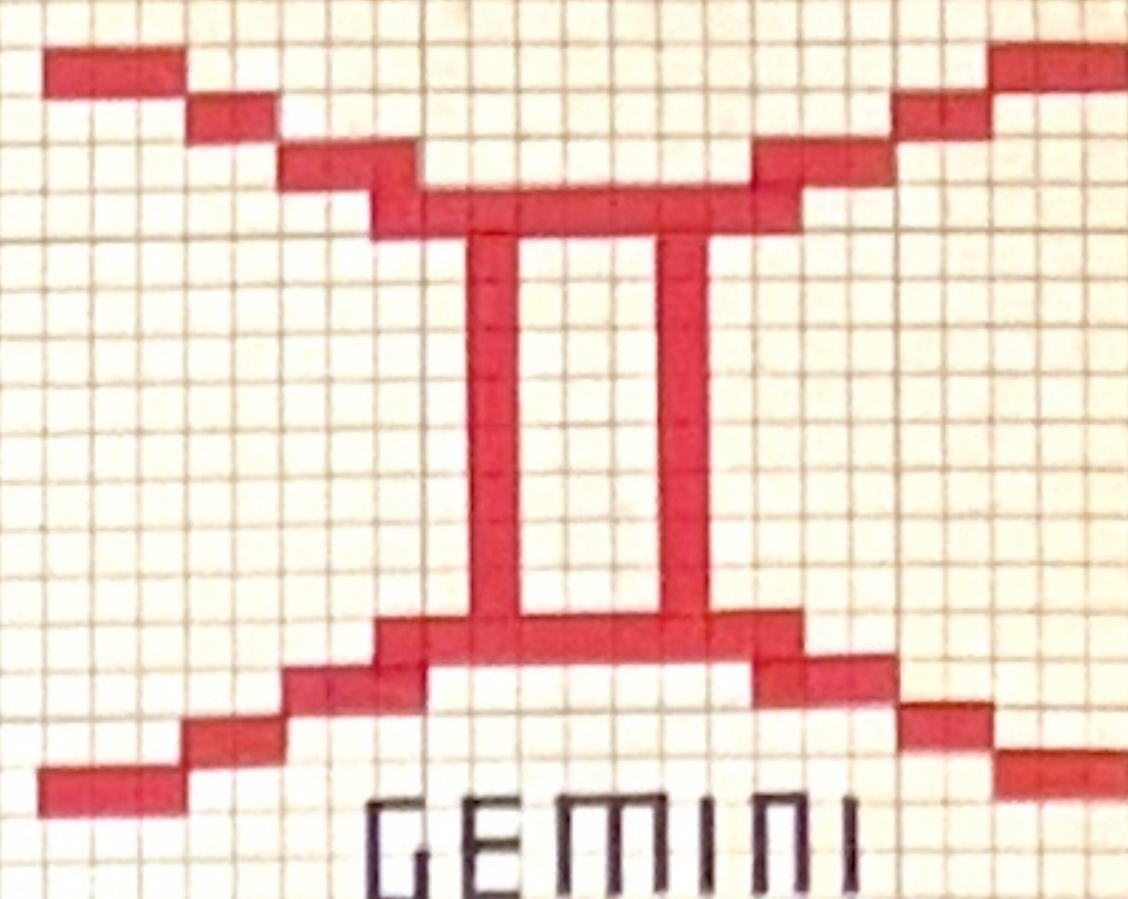
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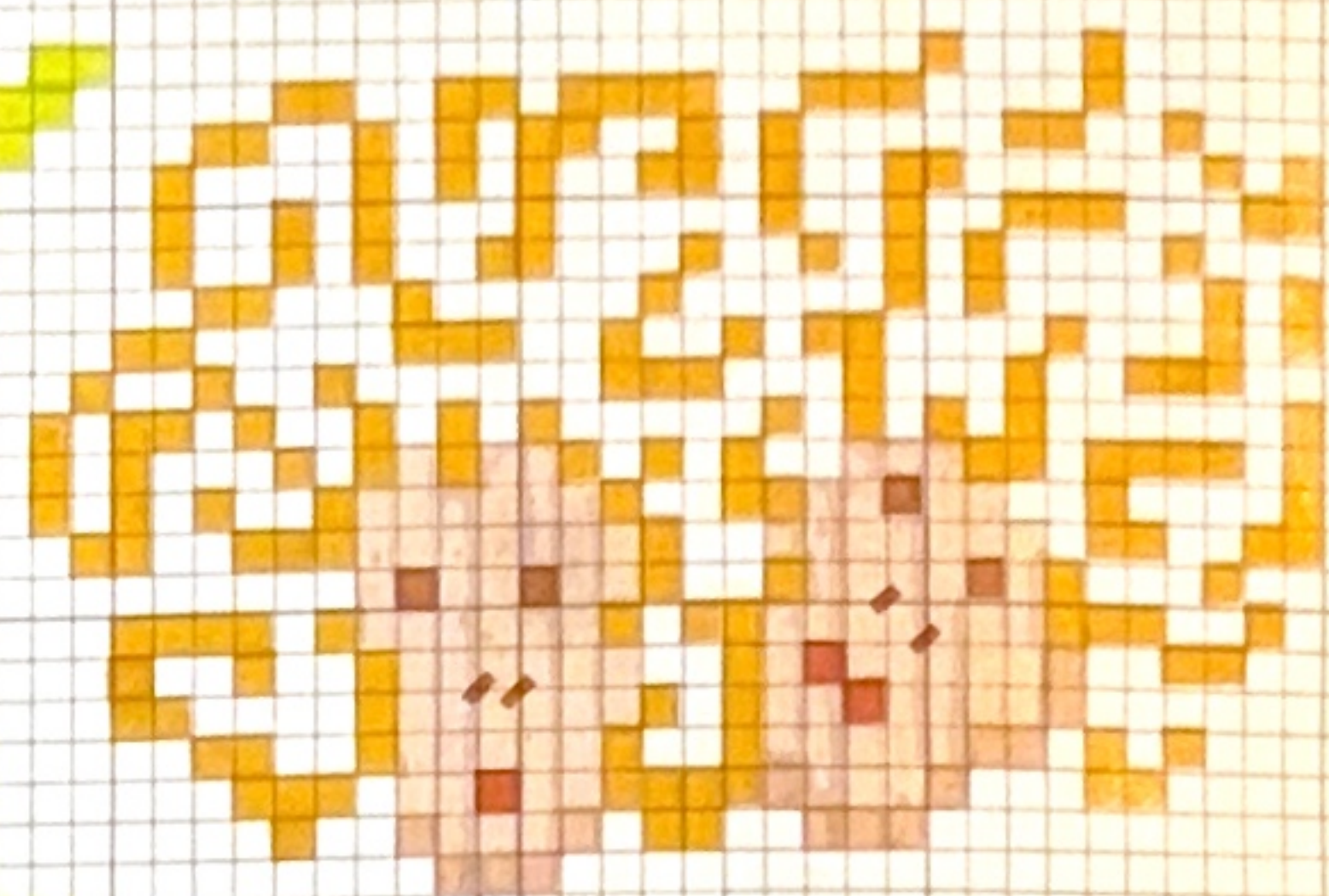
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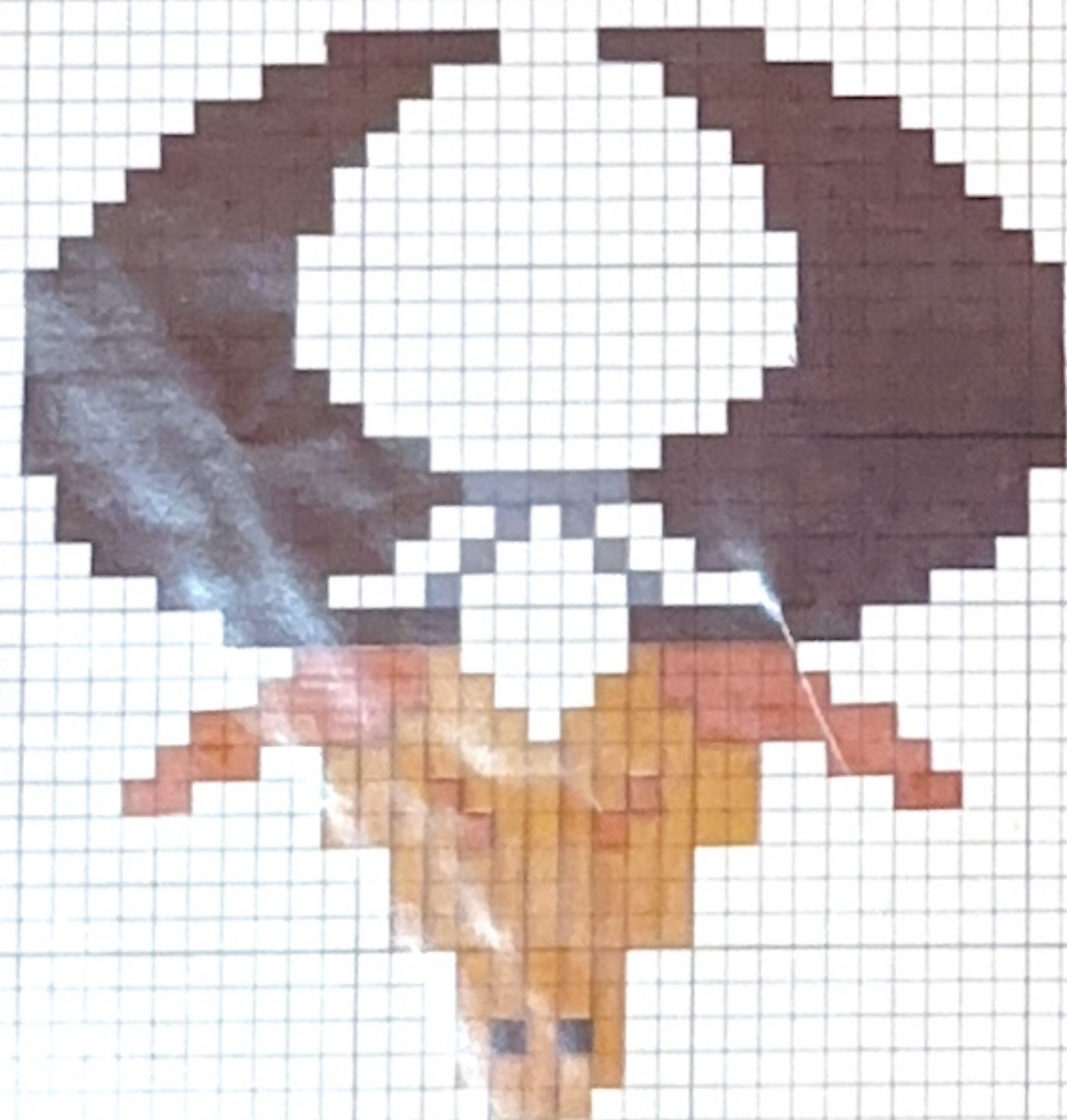
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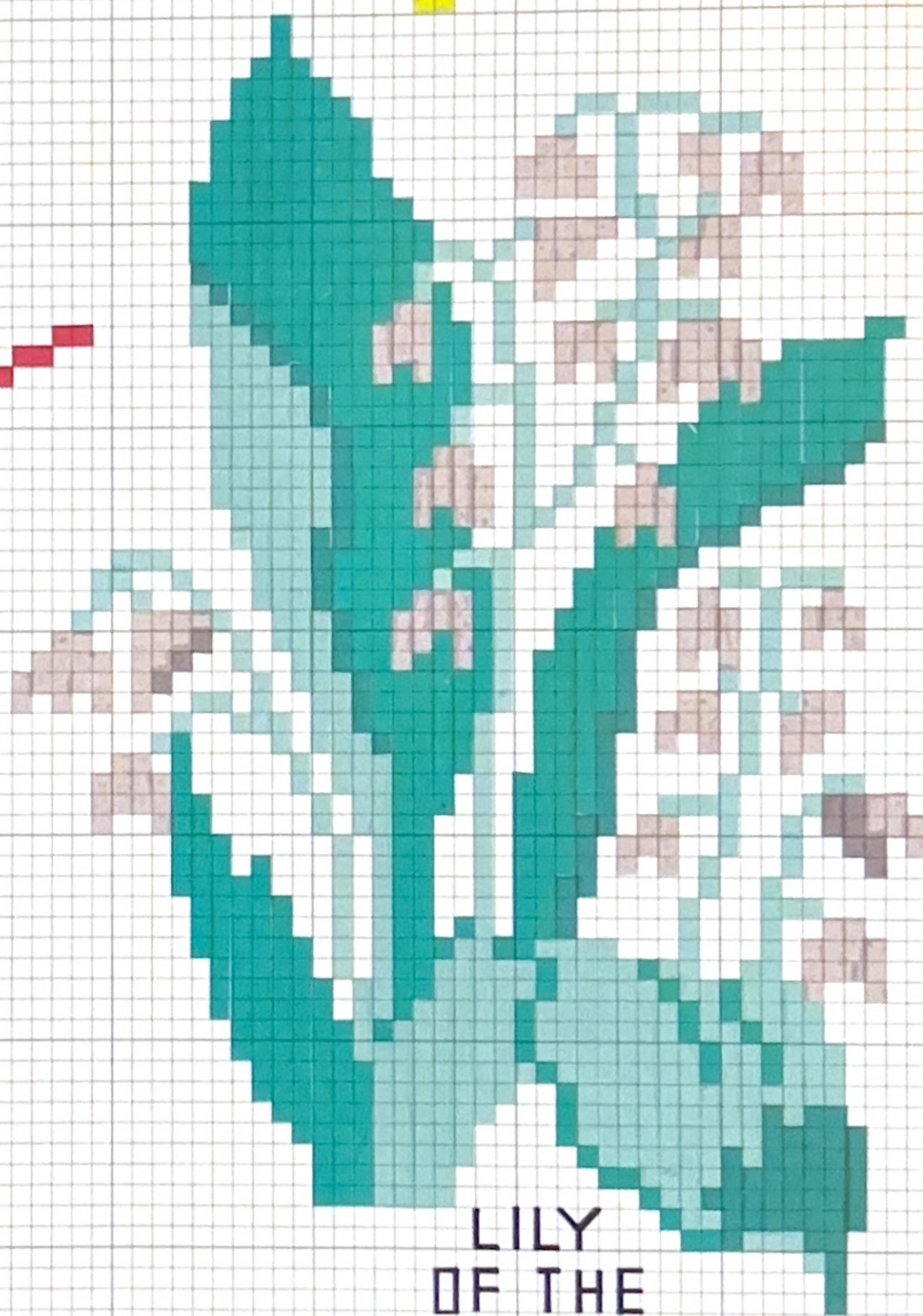
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GEMINI

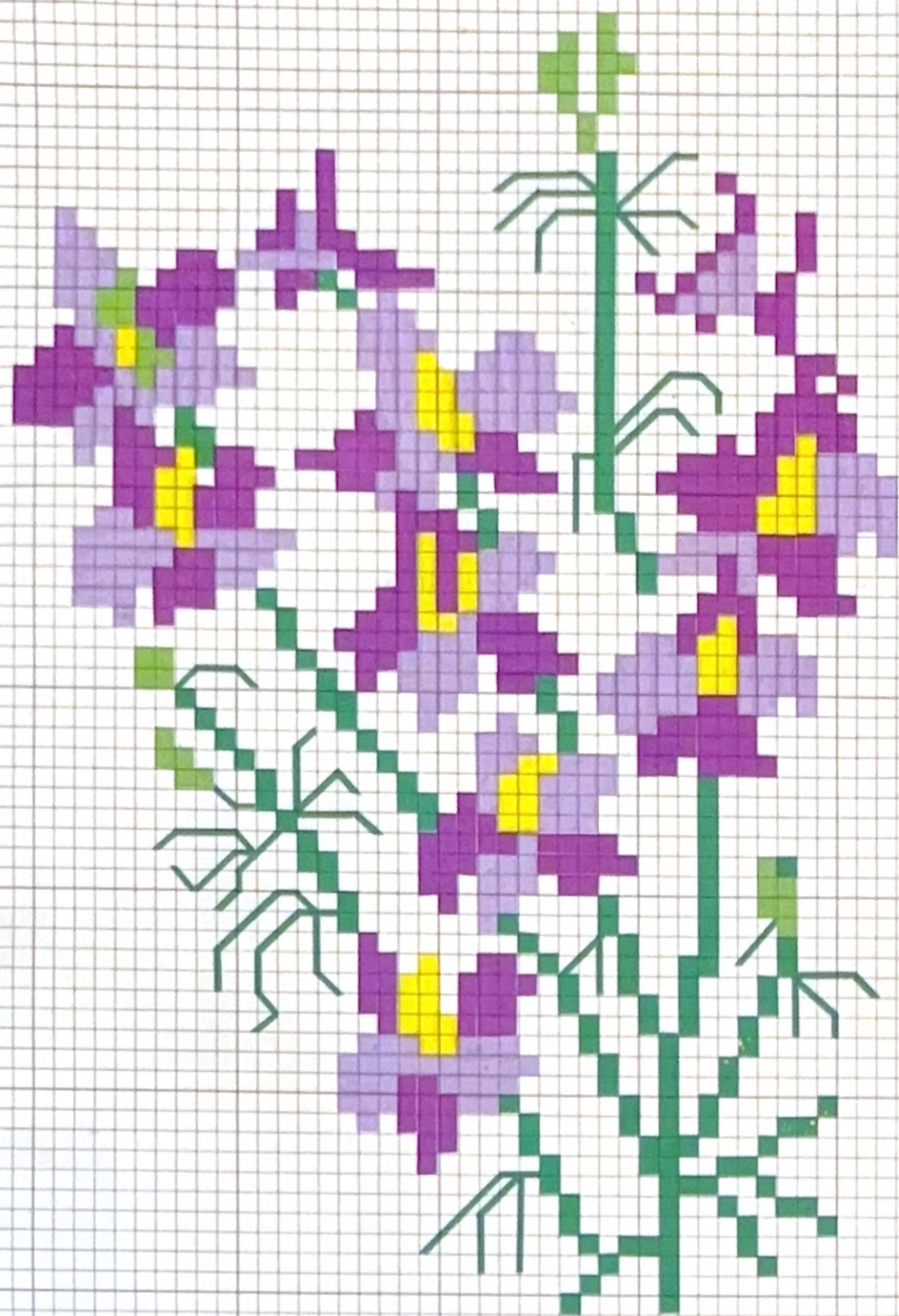


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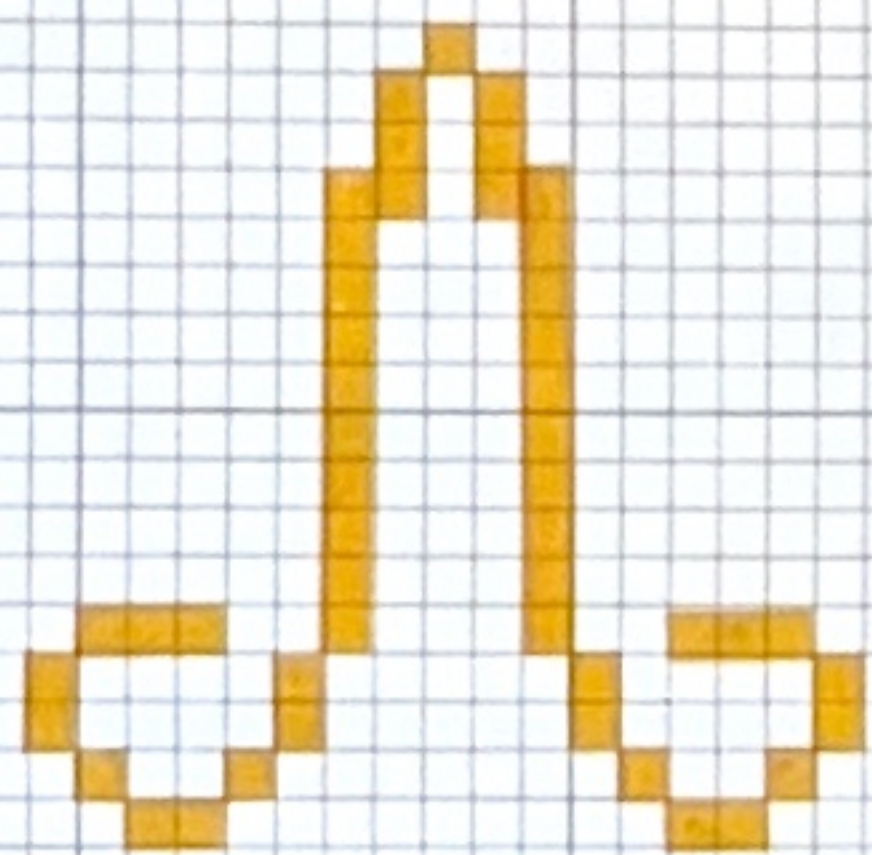
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VALLEY

MAY



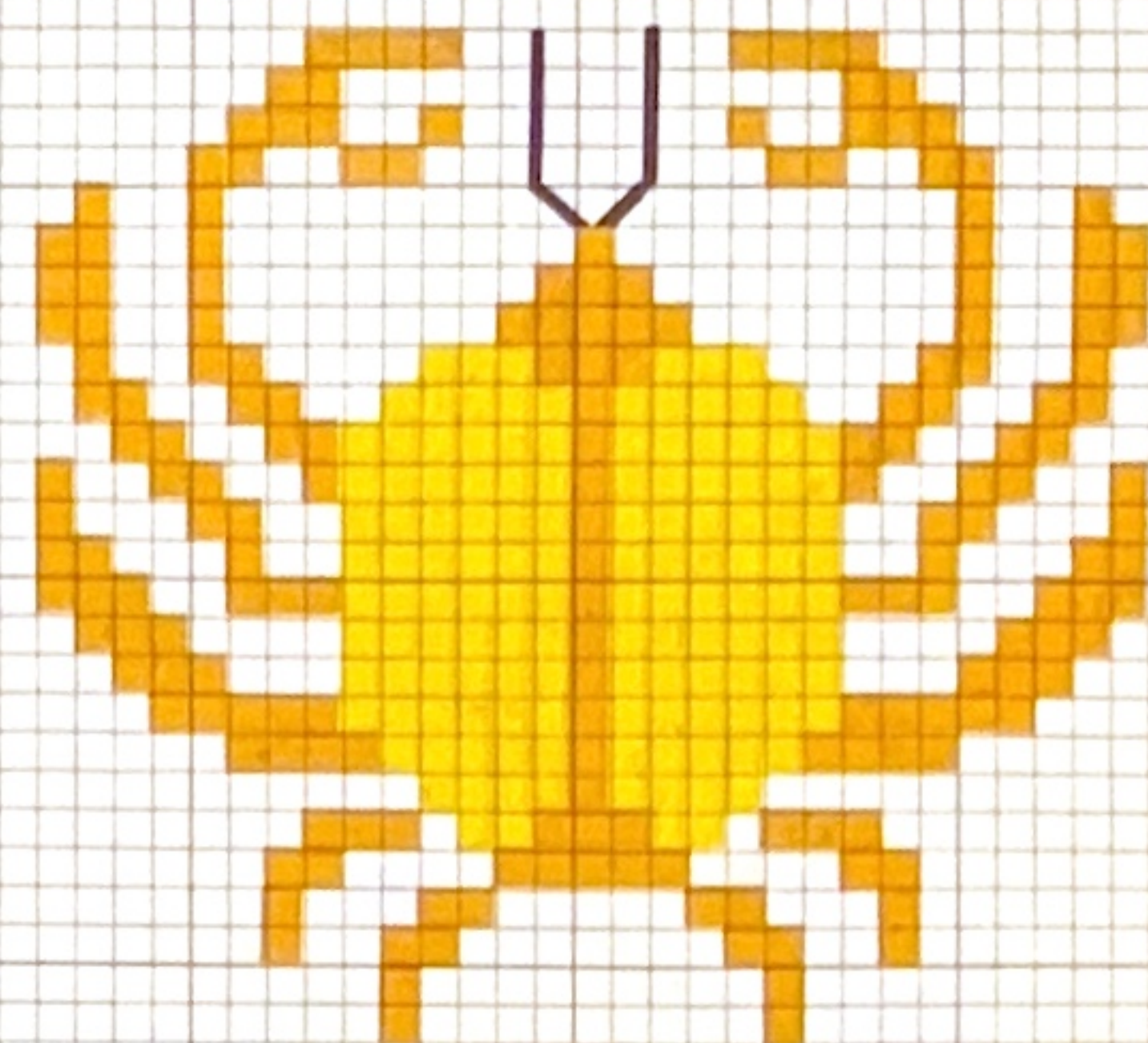
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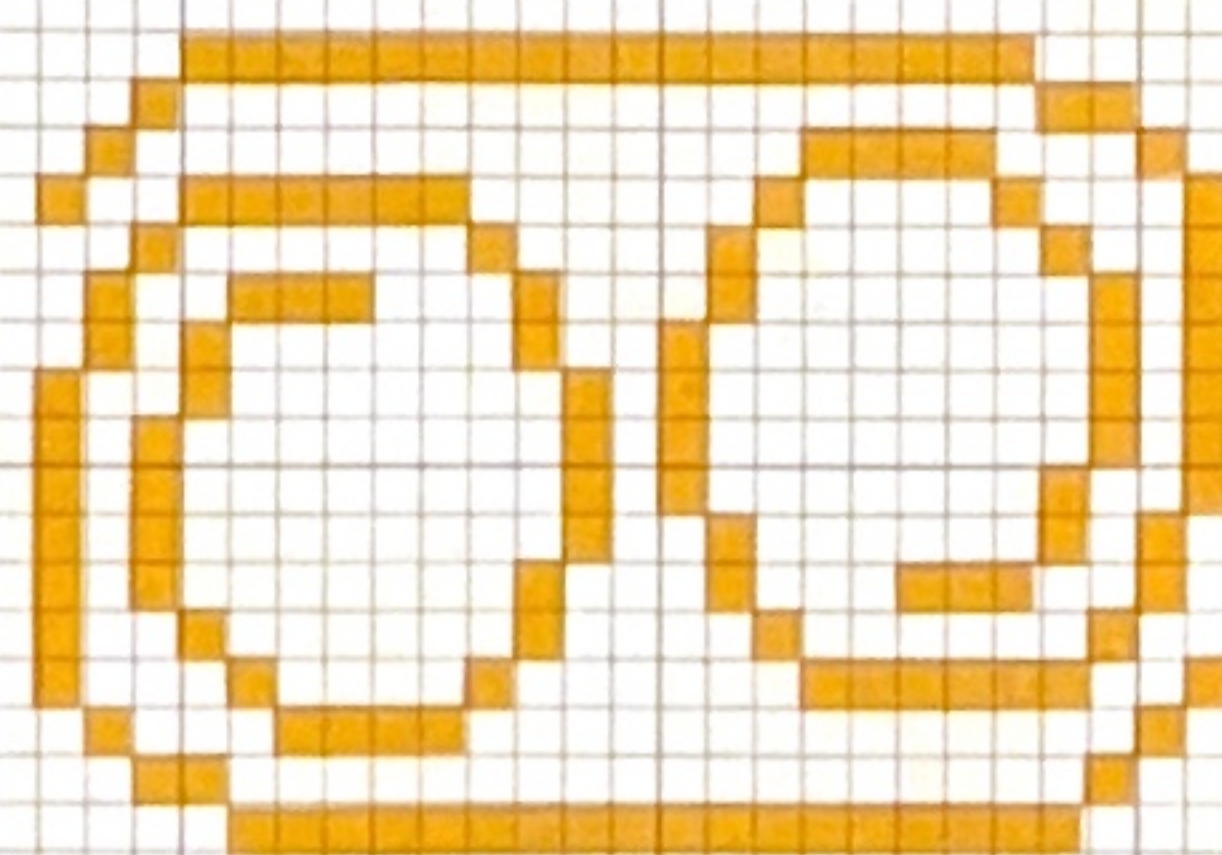


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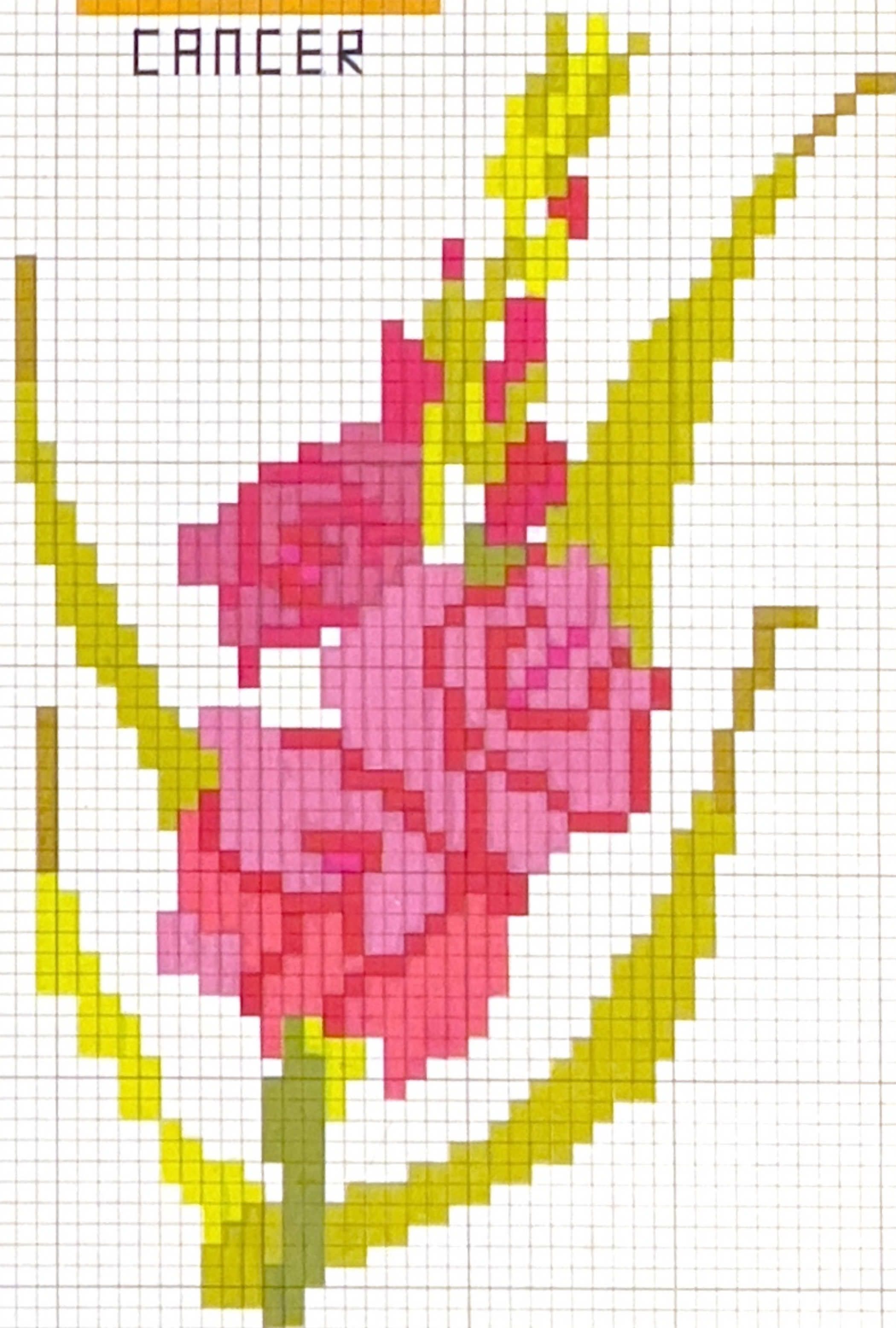
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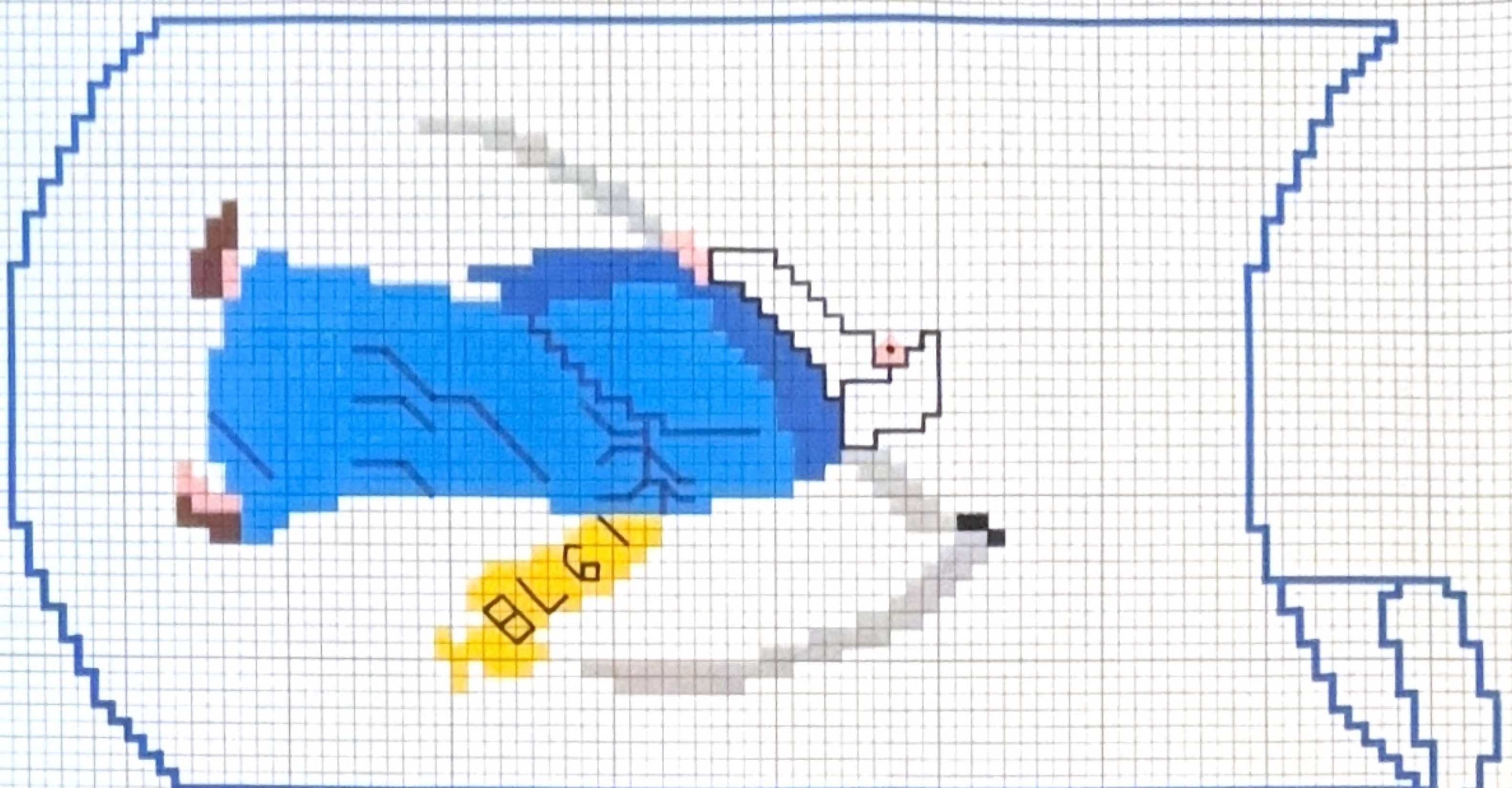


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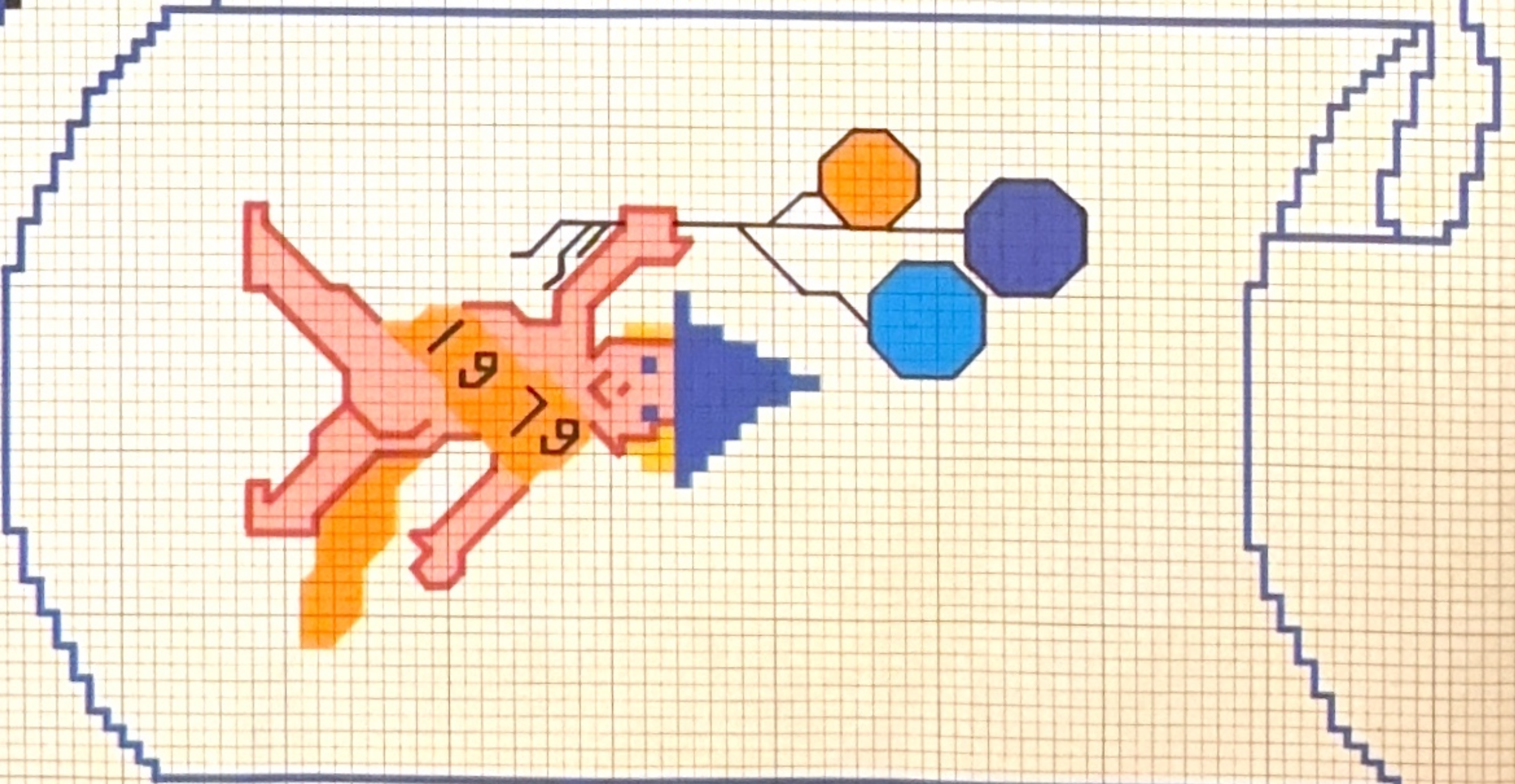


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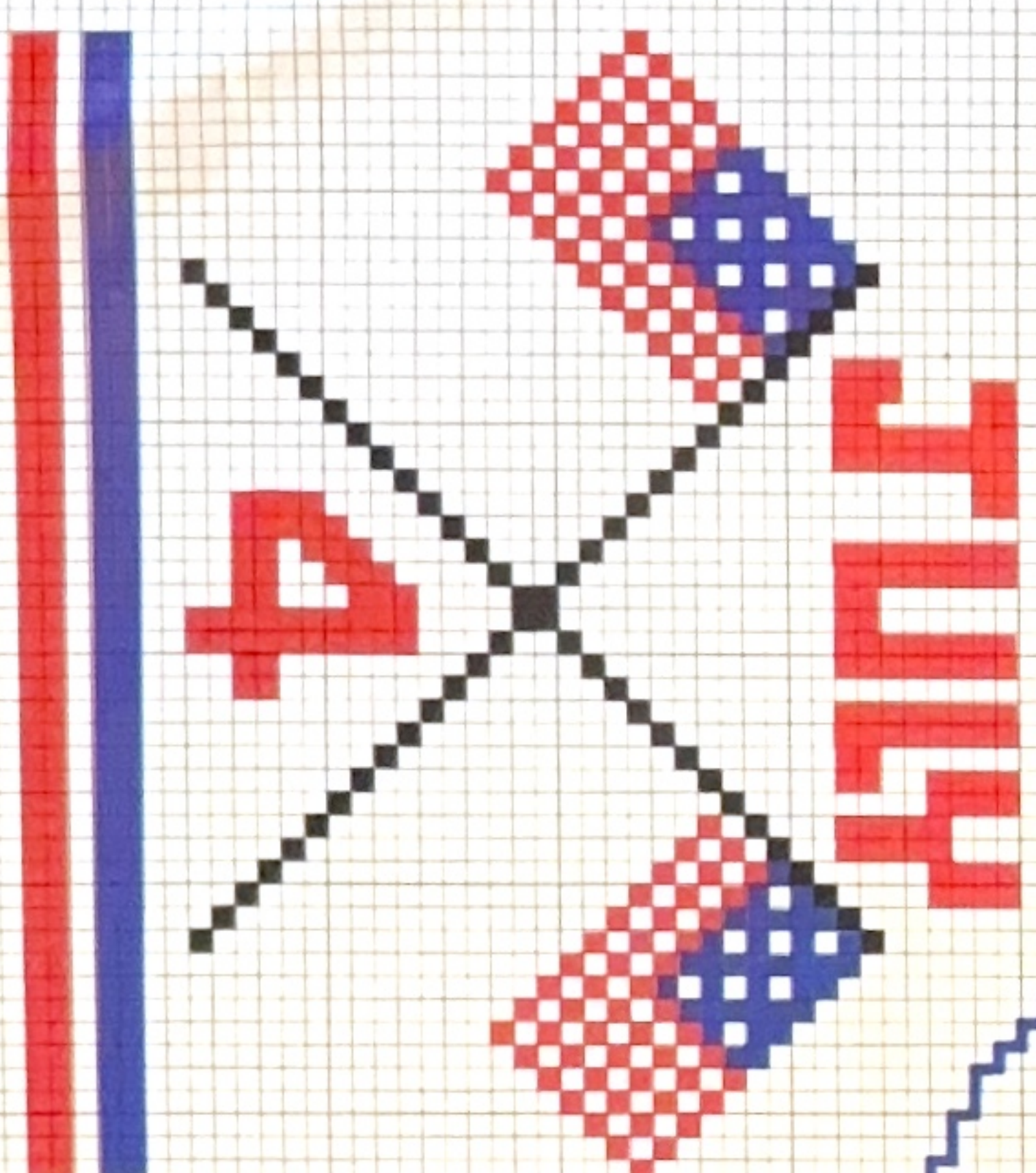


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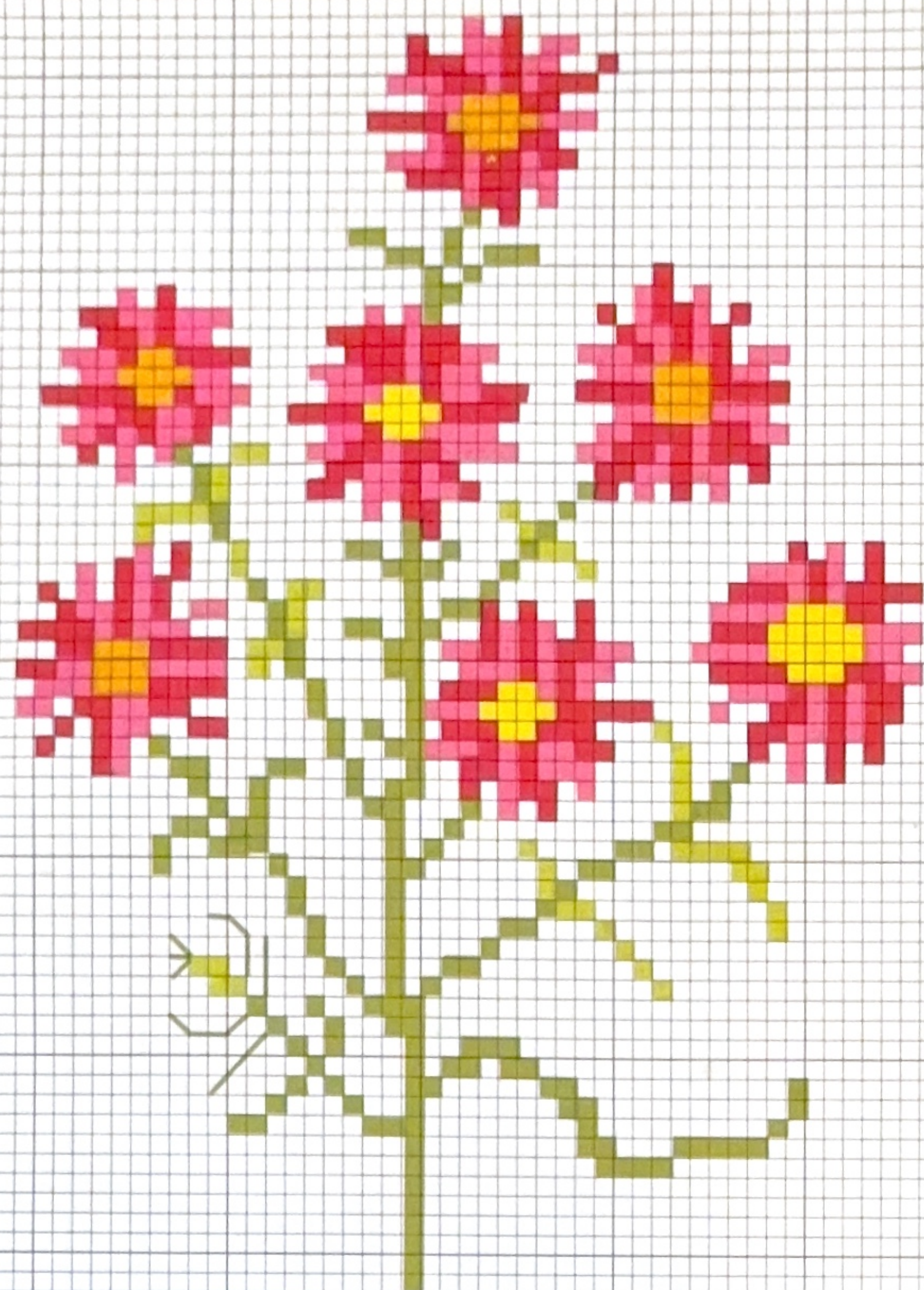
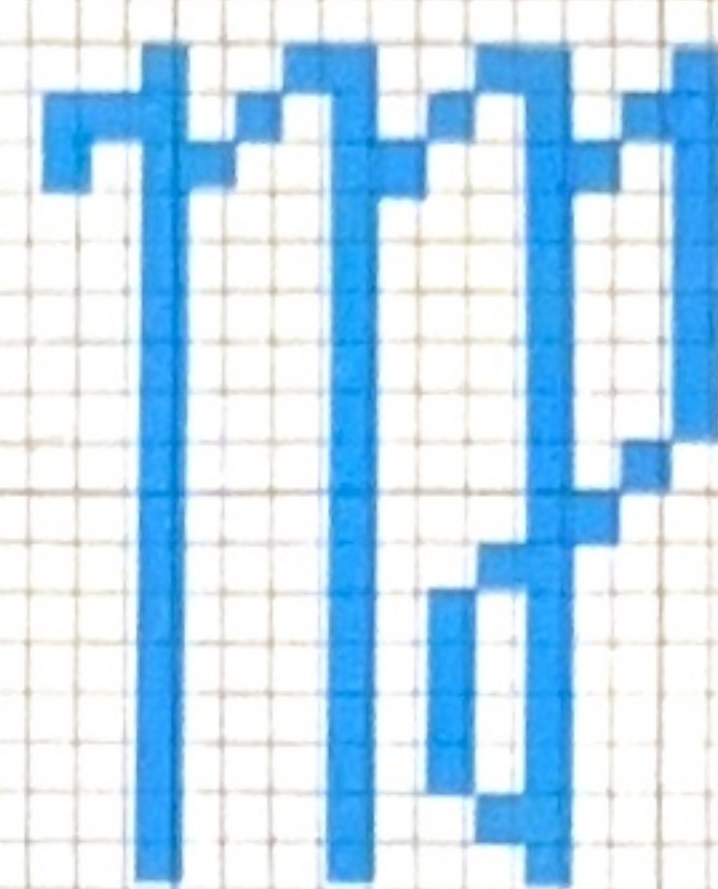


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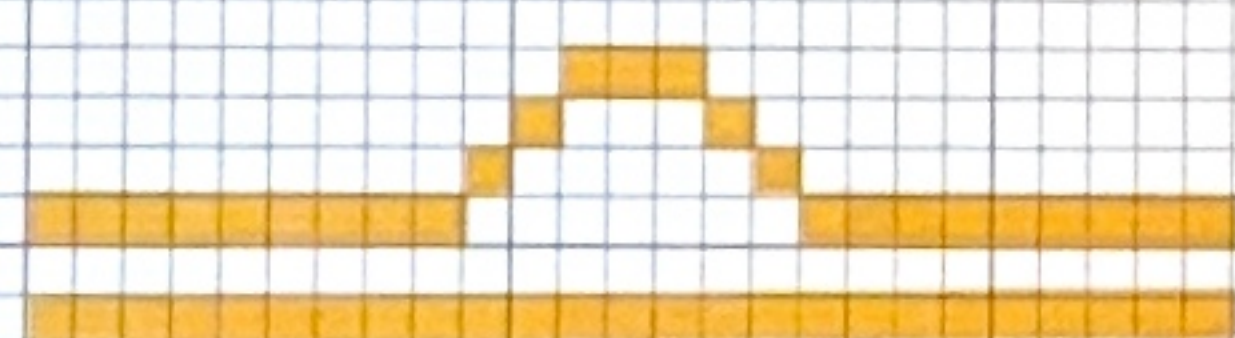


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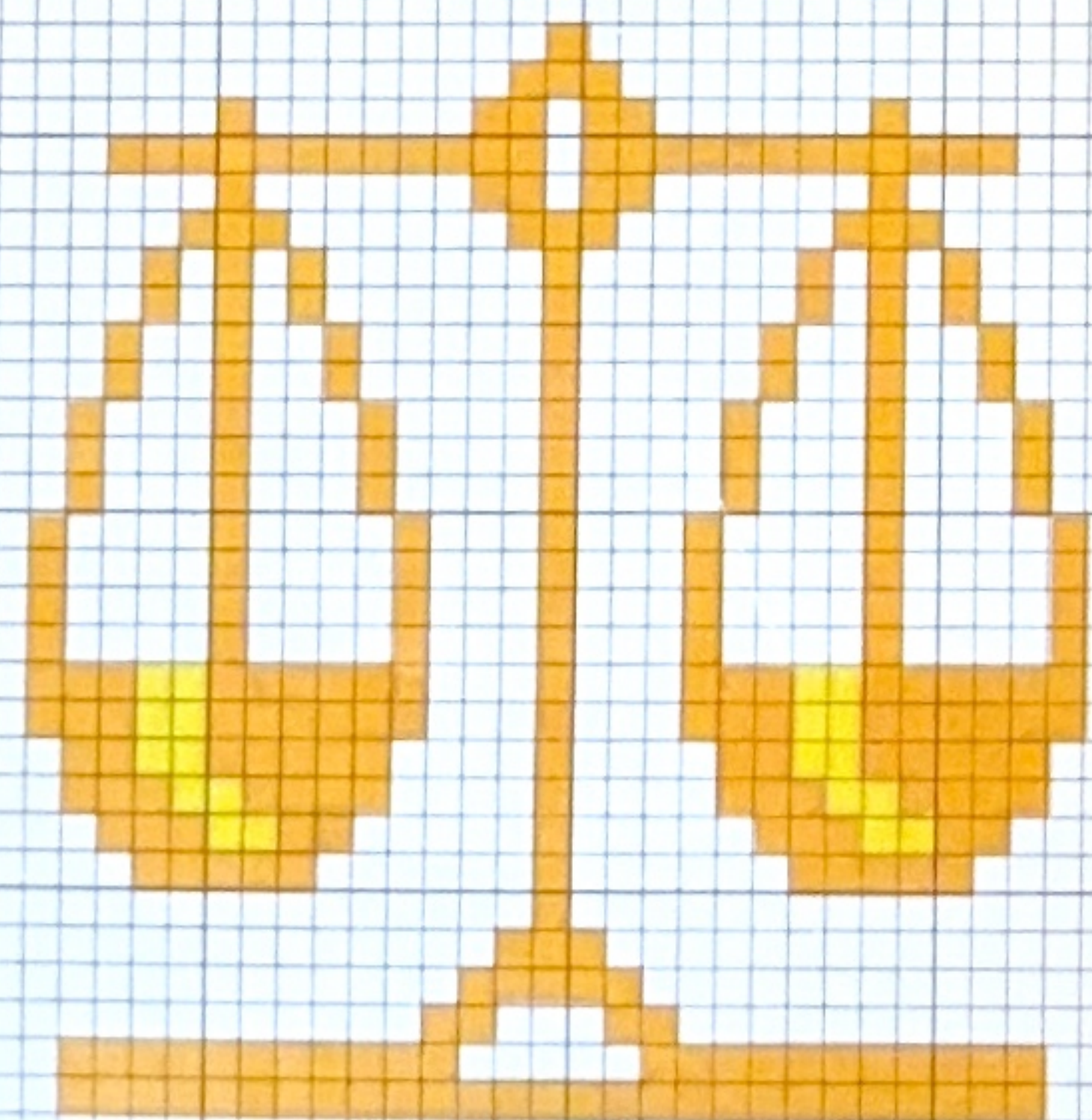


ASTER

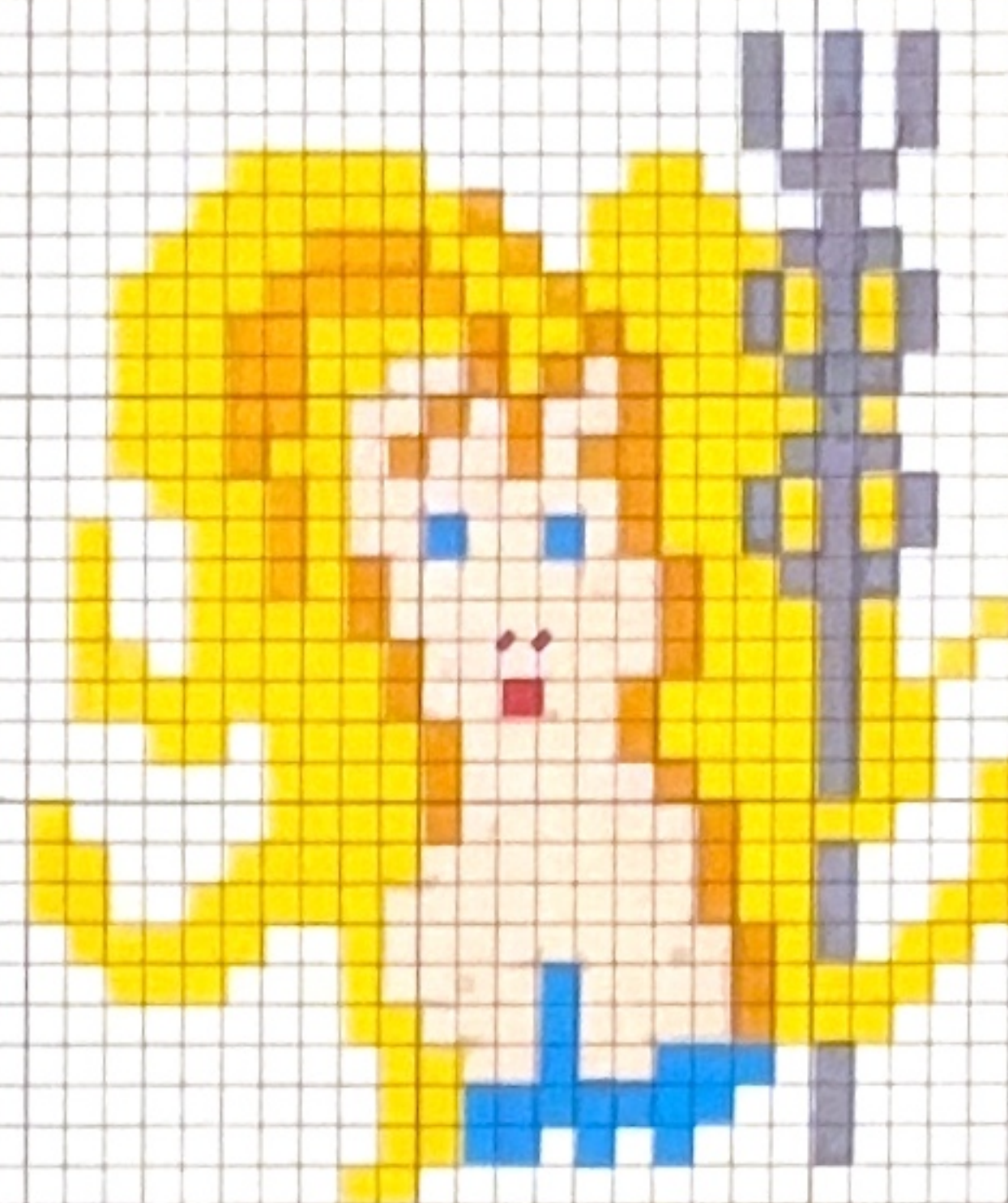
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LIBRA



LIBRA



VIRGO



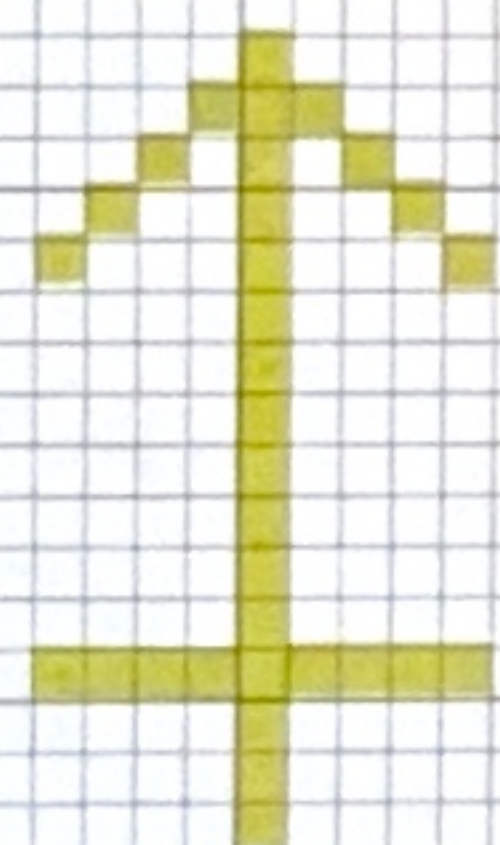
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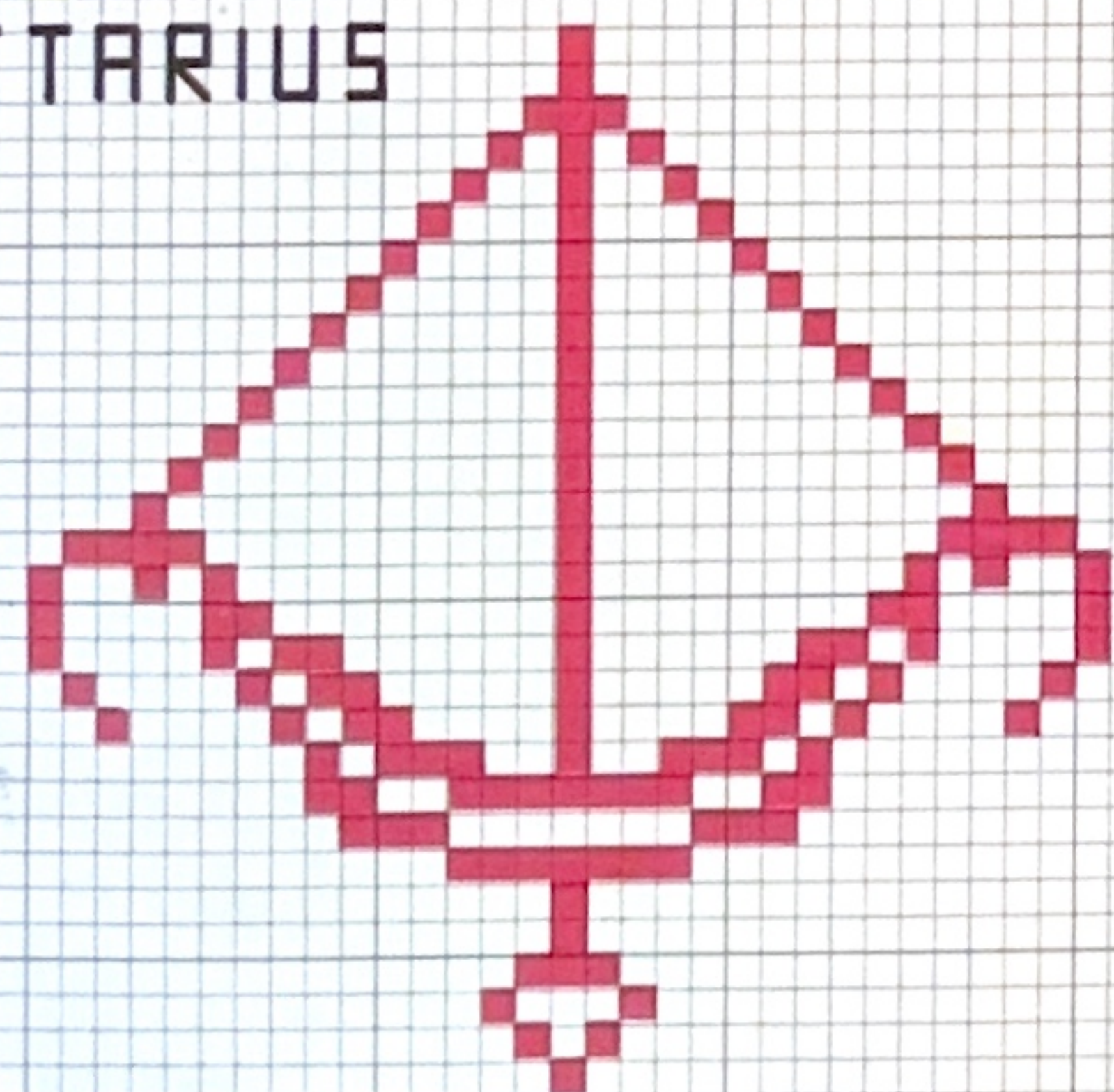


CHRYSANTHEMUM

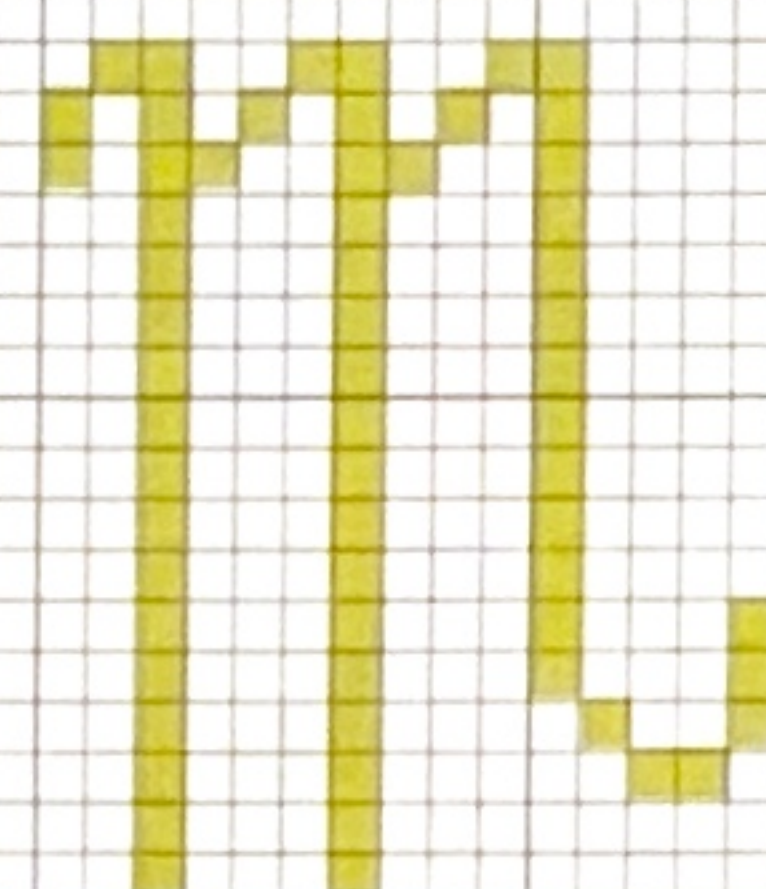
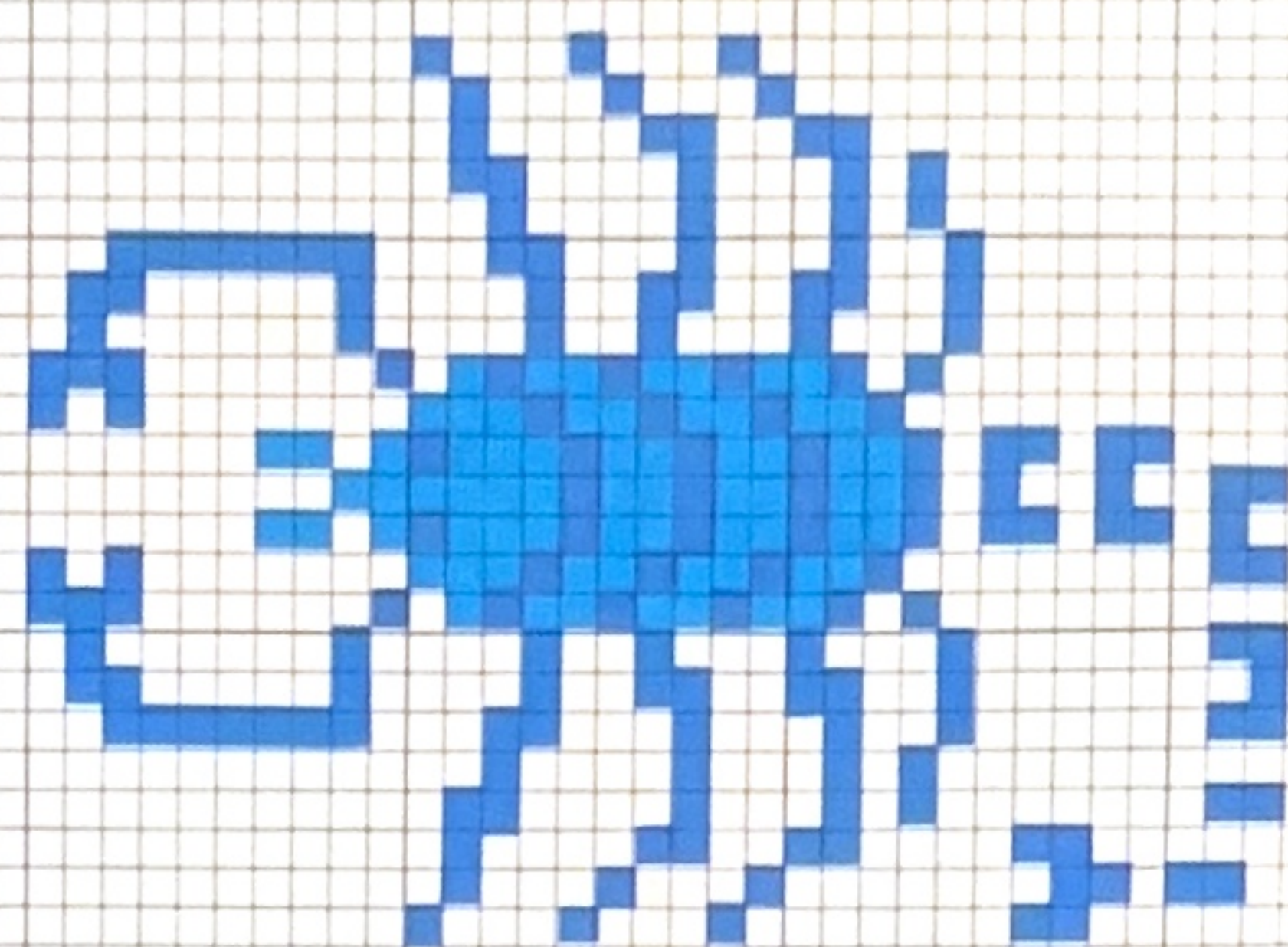
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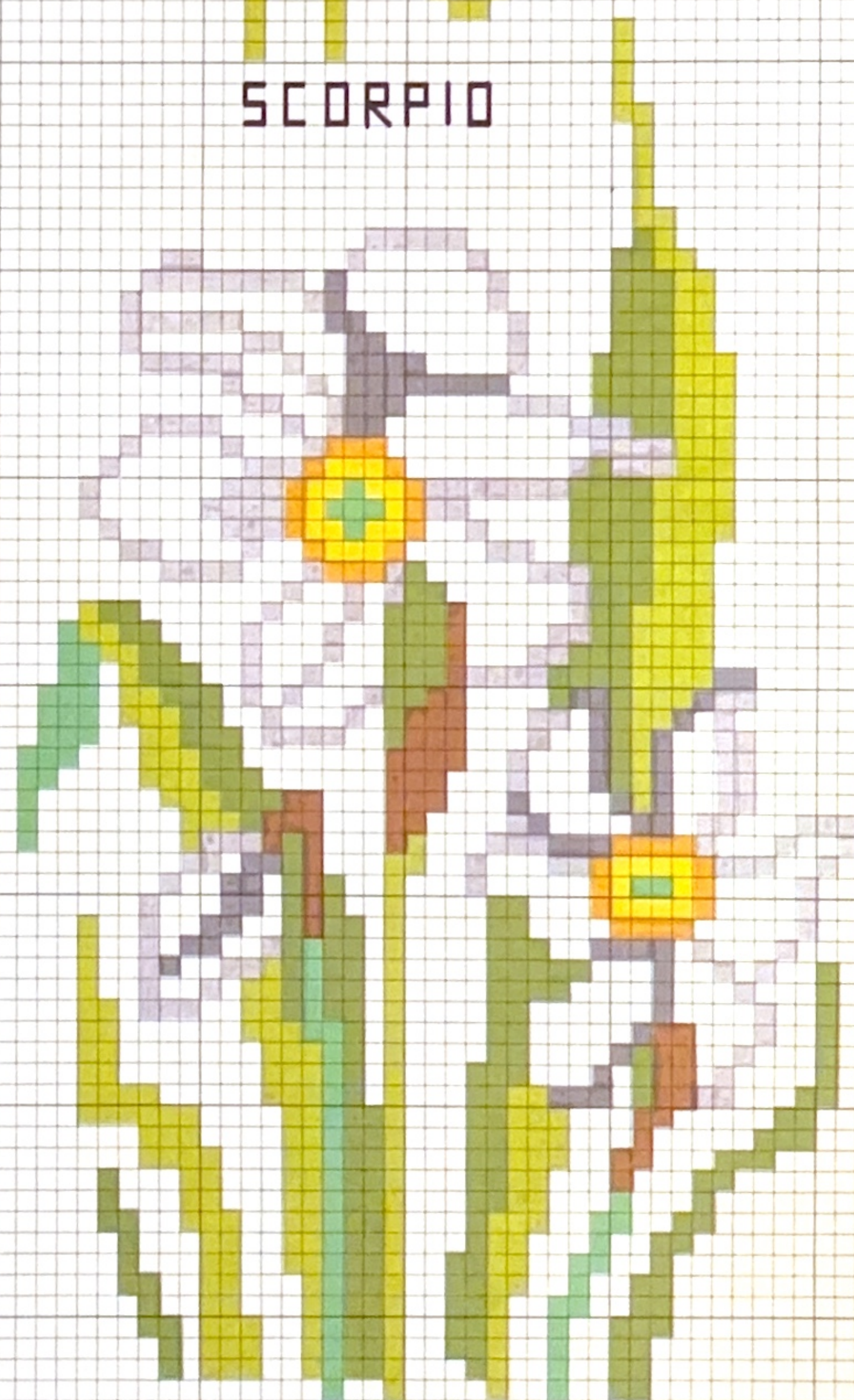
SAGITTARIUS



SCORPIO



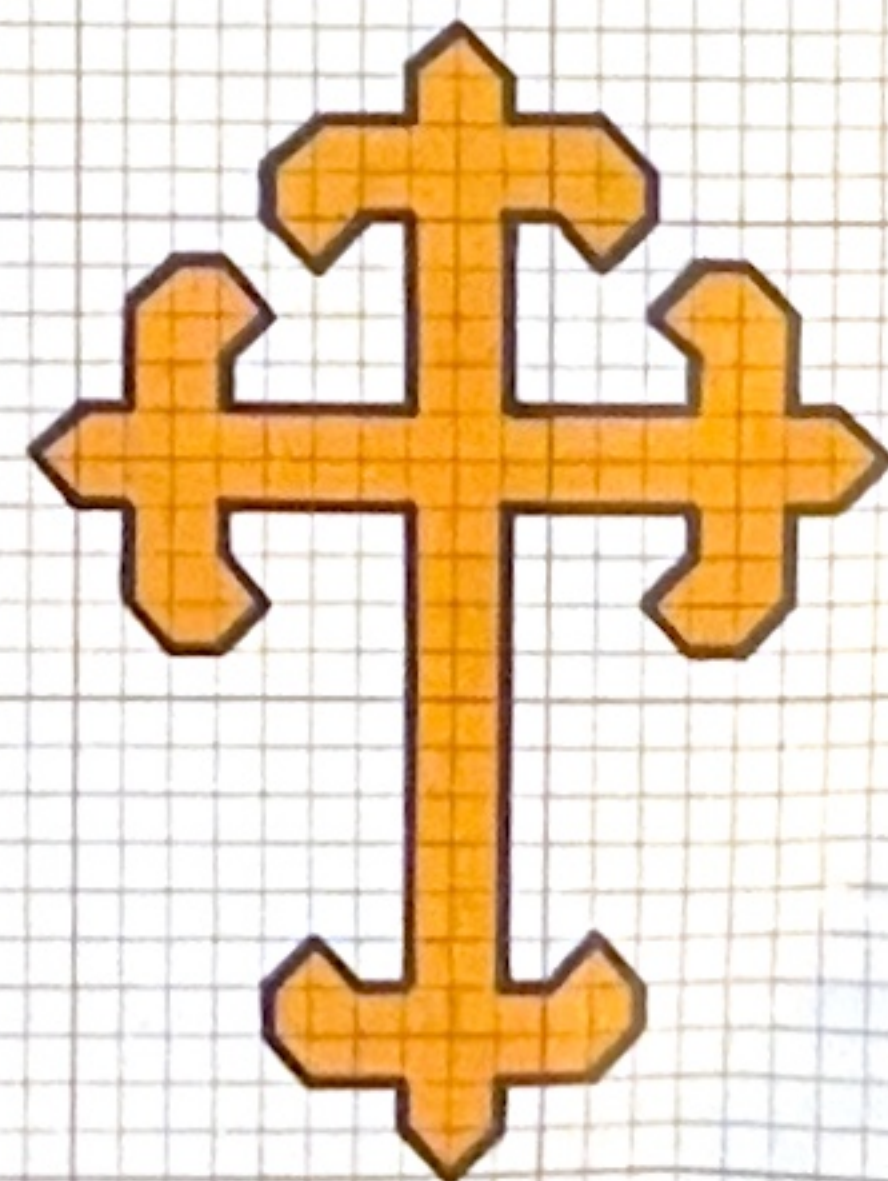
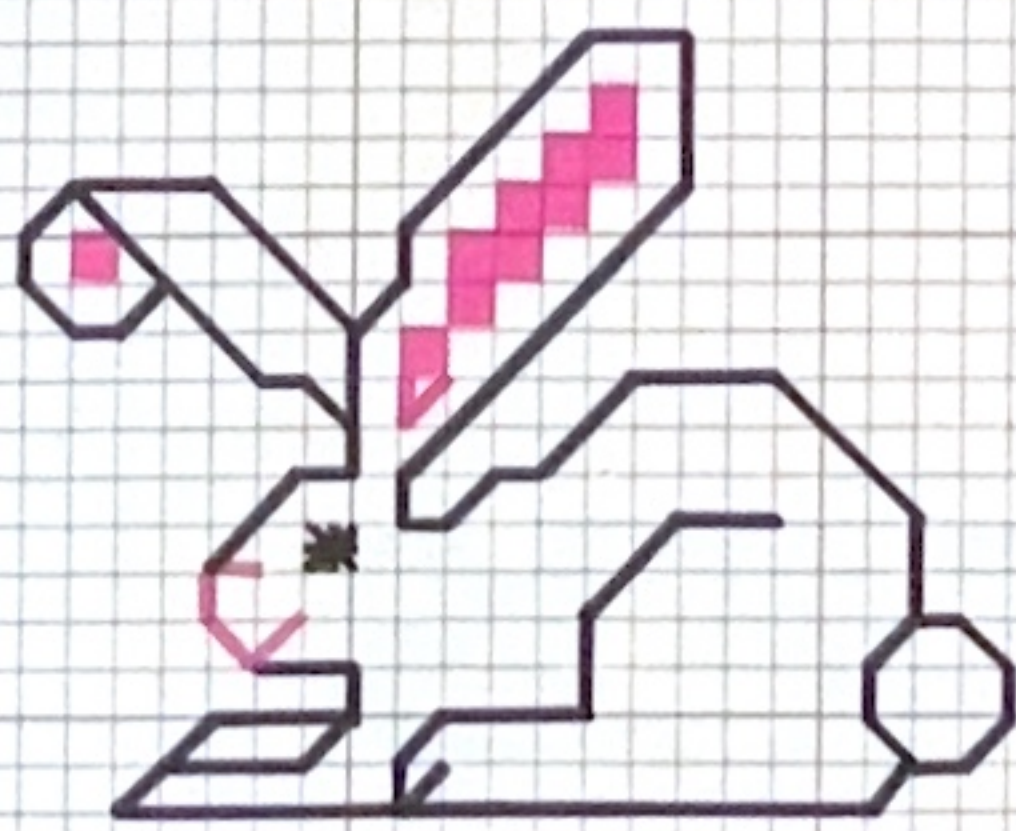
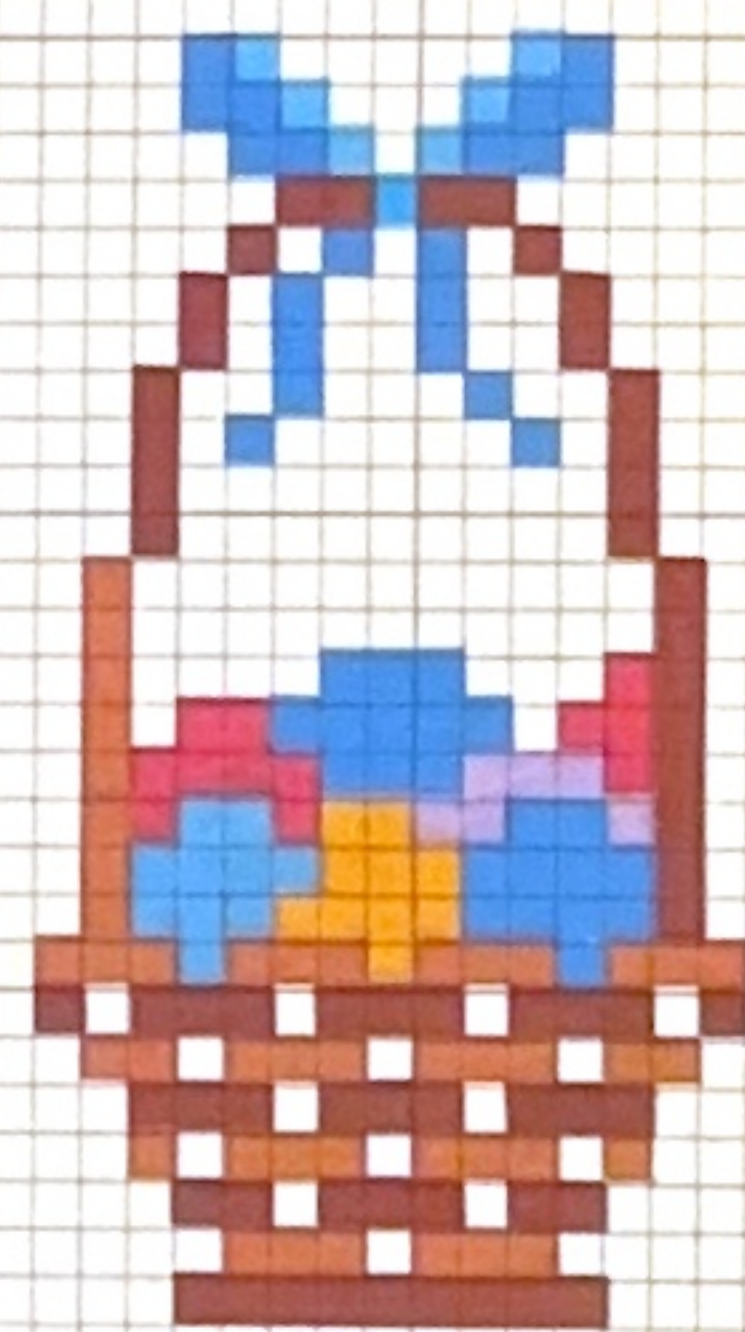
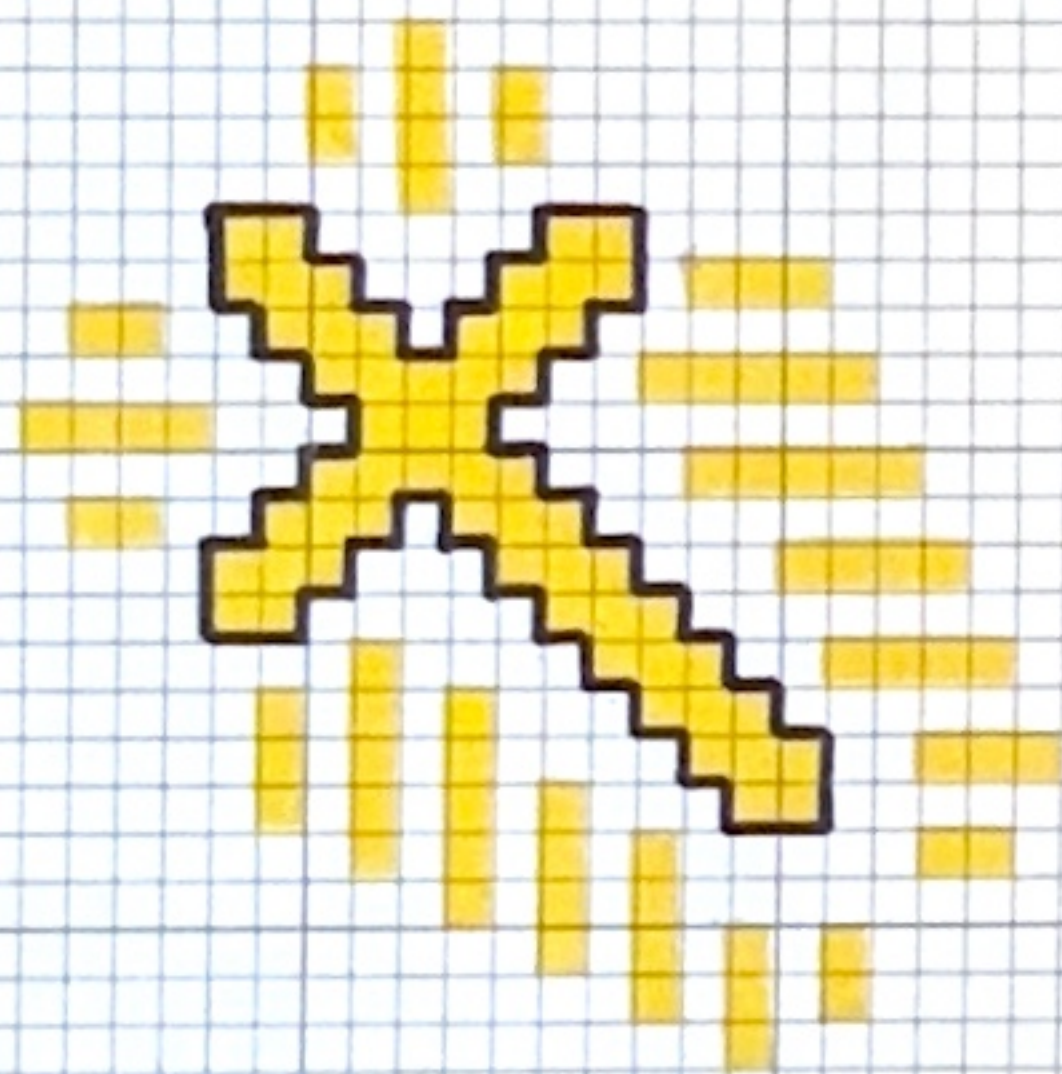
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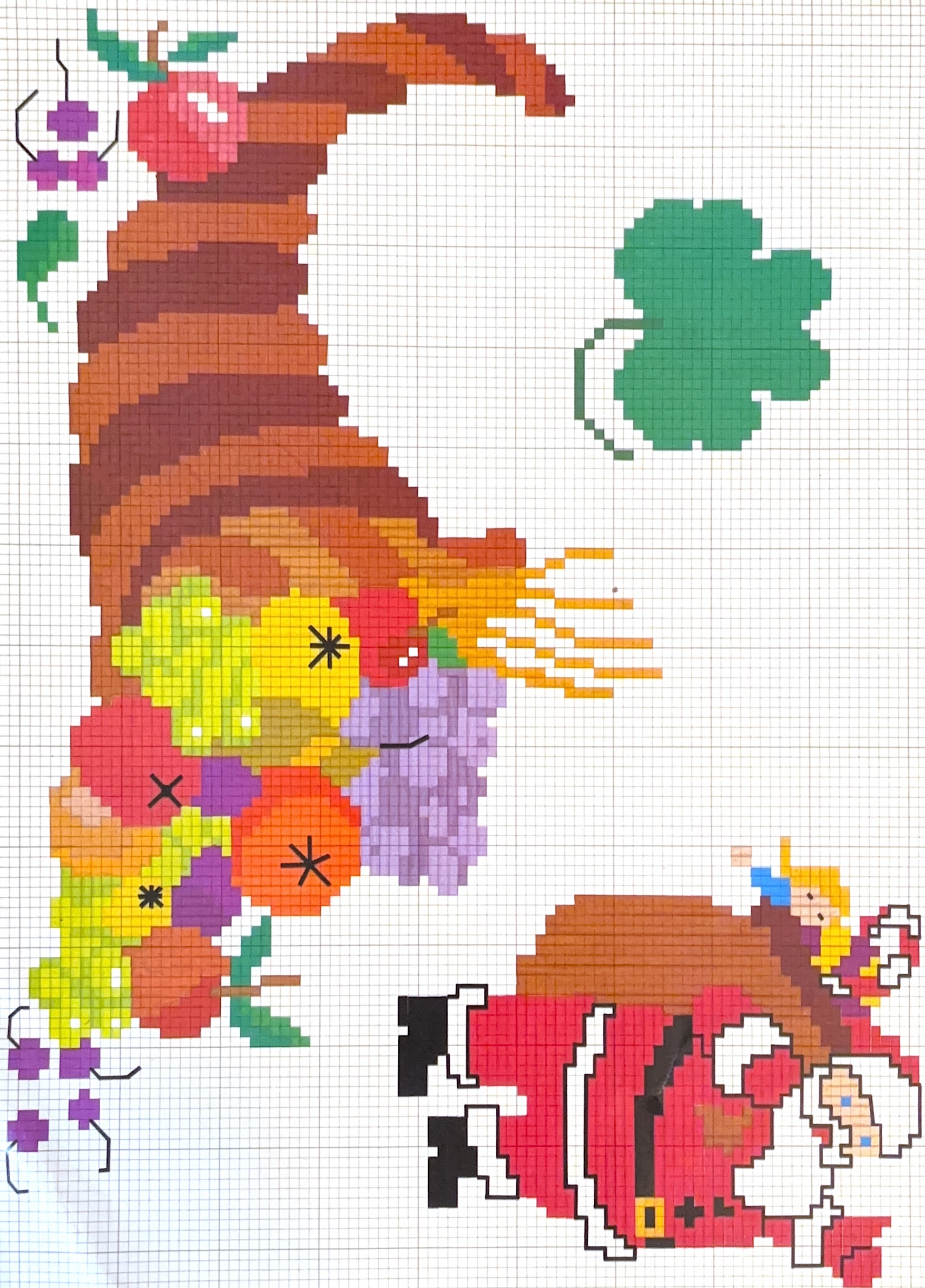


NARCISSUS

SAGITTARIUS

DECEMBER





Taurus was worked on ivory fabric using tan, rust, gray and dark brown floss for the design, light blue floss for lettering.

Aquarius was worked on white fabric using two shades of blue floss, the lighter shade also used for lettering.

Finishing: Press fabric smooth. Place over mounting board or cardboard to fit frame. Anchor raw edges by lacing across back with sewing thread or with tape. Insert into frame.

FRAMED PINCUSHION

(finished size 5" square)



Supplies: Ivory Aida cloth (11 blocks per inch), 6" square; 24" of the following colors of 6-strand cotton embroidery floss: gold, orange, tan, brown, dark brown and light blue; Polyester fiberfill or other appropriate padding; 5" square wooden picture frame; felt backing.

Working Directions: Using two strands of floss, work the Leo design and name centered on the fabric. Half Cross Stitches are worked in the appropriate direction to form the mouth.

Finishing: Cut a piece of cardboard as if to back the picture. Place an appropriate amount of padding onto cardboard. Press embroidery smooth. Place embroidery over padding. Gently press down to determine the amount of puffiness desired. Hold raw edges of fabric in place on back of cardboard by lacing across the back with sewing thread or with tape.

Place frame over padded embroidery; anchor the cardboard with brads or staples. Cut felt to fit underside and glue in place.



NEW YEAR'S TRAY

(finished size 12¼" x 19½";
opening of insert space is 8½" x 15½")

Supplies: Blue Aida cloth (14 blocks per inch), 16½" x 23"; One skein of 6-strand cotton embroidery floss of each of the following colors: light blue, medium blue, light pink, pink, yellow, gold, brown, light gray and charcoal gray; Wooden needlework insert tray.

Working Directions: Baste the horizontal and vertical guidelines. Unless otherwise directed, use two strands of floss for all stitching. Using medium blue floss, work Happy New Year, centered on the fabric, then backstitch the outline of the scroll.

Work Father Time, backstitching as shown with appropriate colors (use a single strand for the charcoal gray backstitching). Form nose by working a French Knot (Fig. 10): Wrap thread around needle then insert needle into fabric; hold thread until needle is pulled through to wrong side. Work Half Crosses to form mouth.



Fig. 10

Work the New Year Baby, backstitching body with dark pink and balloon outlines and strings with white floss. Remove basting and press embroidery smooth.

Finishing: Follow manufacturer's directions for mounting embroidery over backing board. Needlework may be laced across the back or held

in place with tape. Make sure design is appropriately placed within the opening.

Assemble glass and mounted embroidery into tray; heavy paper or fabric may be taped to the reverse side to seal the tray.



VALENTINE'S DAY PILLOW

(finished size 14" diameter including ruffle)

Supplies: White Aida cloth (11 blocks per inch), 13" square; Six-strand cotton embroidery floss, less than a skein of each of the following colors: burgundy, pink, dark pink, olive green, blue and black; ½ yard burgundy red velveteen; 10" diameter pillow form or fiberfill; 7" zipper (optional).

Working Directions: Bind edges and baste central horizontal and vertical guidelines. Work the Valentine's design centered on the Aida cloth. Use 2 (or 3 for more solid-appearing work) strands of floss for all Cross Stitches. Use single strands of dark pink to outline the flowers and of black for the surrounding detail.

Finishing: Note: If zipper is to be used, see separate note below. If velveteen ravel easily, cut the fabric to allow slightly larger seam allowances; you may wish to machine zig-zag all raw edges.

Cut a 10½" diameter circle from velveteen. Cut strips of velveteen 5½" wide and piece together to measure 56" in length; bias cuts are not required.

Form a circle by sewing ends of strip together (right sides facing). With wrong sides together, fold circle in half lengthwise to form a 2½" wide circular strip. The fold will become the outside edge of ruffle and raw edges will be incorporated in a ½" seam allowance. Gather the double thickness of fabric along raw edges to measure about 28".

On the wrong side of embroidery, lightly pencil a 9½" diameter circle. Use a plate or other circular shape as a pattern or measure 4¾" out from center of design to determine placement of line. Make sure the work is centered within this stitching guideline.

Machine-baste ruffling to right side of embroidery, raw edges facing outward and aligning gathering threads with pencilled guideline.

Now, with right sides together, place circular velvet backing over embroidery; pin, then baste in place. Make sure raw edges of backing and embroidery are smoothly aligned. Machine-stitch backing and ruffle to embroidery; leave a few inches open for turning ease.

Turn right side out. Insert a pillow form or a muslin case that has been stuffed with fiberfill. Sew final closure by hand.

Optional Zipper: If you wish a zippered closure, cut velvet backing in an oval shape, 10½" x 12". Cut across the lower fourth of the oval (where width is about 8½"). Turn under the just-cut raw edges to form a placket and machine-sew zipper in place. You should have a 10½" circular backing when zipper is closed. Open zipper before sewing backing fabric to embroidery as directed above; machine-stitch completely around.

Remove basting threads when pillow has been completed.

ST. PATRICK'S DAY NECKLACE-HOOP

(finished size 2½" diameter)



Supplies: White hardanger, 3" square; Less than a skein each of lime and dark green 6-strand cotton embroidery floss; 3" square of double-faced, fusible bonding material; 3" square cotton backing fabric (calico, gingham, etc.); 2½" diameter necklace-hoop frame with chain.

Working Directions: Work the Shamrock design centered on the fabric, using a single strand of floss. Cross Stitches are formed over each intersection of fabric threads. Press smooth.

Finishing: Insert iron-on material between embroidery and backing fabric, having their right sides facing outward. Following manufacturer's directions, bond the wrong sides of embroidery and fabric together.

Remove outer ring of hoop. Place lined embroidery (right side up) centered over inner ring. Slip outer ring on top; the spring opening allows the outer ring to expand, yet hold fabric firmly.

Using very sharp scissors, trim away excess fabric at rear of hoop.



EASTER NAPKINS

(finished size 17" square including fringe)



Supplies Note: These designs have been worked on pre-fringed evenweave napkins, available at your local needlework store or linen department. Cotton, linen or synthetic fiber napkins may be used, as long as the fabric is a reasonably even weave. A skein of each appropriate color of 6-strand cotton embroidery floss will be sufficient for several napkins.

Working Directions: Decide how the napkin is to be folded and determine the corner in which the design should be worked. All designs shown are placed 1 1/4" in from the base of fringe along each side.

Two strands of floss were used for all Cross Stitches, a single strand for all backstitching. The fabric had approximately 24 threads per inch so all stitches were worked over pairs of threads.

Papal Cross and Fleurry Cross — Work Cross Stitches with bright yellow; outline with gold.

Duckling — Work body with yellow and feet and bill with orange; use brown for the eye.

Bunnies — Work the two bunny designs in opposite corners of a napkin. Work bodies with white and interior of ears with pink. Outline bodies with gray and noses with pink.

For the eyes, use a single strand of black to work a Cross Stitch (x) covered by a upright cross (+) to give a starry effect (*).



FOURTH OF JULY APRON

(design size 3 1/2" x 4 1/2")

Supplies: White Aida cloth (11 blocks per inch), 6" x 7"; Six-strand cotton embroidery floss, less than a skein each of red, blue and brown; A purchased or hand-made white seersucker apron with bib front; 3/4 yard of white rick-rack.

Working Directions: Using two strands of floss, Cross Stitch the Fourth of July design using the appropriate colors. Backstitch around the intersection of the flags. Press embroidery smooth.

Finishing: Turn under raw edges, leaving a 5 block margin beyond stitching along all four sides. Insert rick-rack behind folded edge of embroidery and baste to bib front. Sew in place by hand or machine.

THANKSGIVING TABLE RUNNER

(finished size 15" x 38" including fringe)



Supplies: 1/2 yard 40" wide gold Aida cloth (14 blocks per inch); Six-strand cotton embroidery floss in the following amounts: 2 skeins brown, 1 skein each lt rust and med rust (cornucopia). 1 skein (or less) of each of the following colors: lt and med green (leaves), magenta and burgundy (cherries), lt and med gray-green (grapes), bright yellow (grapefruit and lemon), lt and med orange (orange), gold and camel (stems and wheat), pale, med and dk peach (peach), bright red, med and dk red, pink and white (apples), lavender and purple (grapes), lt and med greenish-gold (pear), black for backstitched details, shade of gold to match fabric for decorative fringing.

Working Directions: Remove selvedge, bind edges and baste lengthwise center guideline. Work the cornucopia design centered across each end of the fabric. Lower edge of the design should be 5" from cut edge of fabric.

Use two strands of floss for all Cross Stitches; use one strand of black floss for backstitched details (shown on chart by dark lines). Refer to supplies listing for color placement.

Finishing: Lengthwise, fold 1" of fabric to wrong side. Turn under raw edges to form 1/2" hems; sew in place by hand. Remove basted guideline.

Across each end: Using floss to match fabric, work a single row of Cross Stitches 3/4" from raw edge. This single row prepares the fabric for fringing.

Using the blunt tip of a needle, carefully remove the crosswise fabric threads, a few at a time, between raw edge and row of Cross Stitches to form fringe; trim if necessary.



CHRISTMAS PLACEMAT

(finished size 12" x 18" including fringe)

Supplies: White Aida cloth (14 blocks per inch) 13" x 19"; Six-strand cotton embroidery floss, one skein (or less) of each of the following colors: red, orange, peach, black, lavender, yellow, bright blue, brown and dark brown.

Working Directions: Use 2 strands of floss to Cross Stitch the entire design in the lower right corner of the placemat; work top of Santa's hat 3 1/2" in from right side and 5 1/4" above lower edge.

Work black outlines with a single strand of black floss. Now work a single row of red Cross Stitches completely around placemat. Allow 10 blocks below shoe and 23 blocks to the right of Santa's hand for this outlining row which serves to anchor the fringe. Work this row for 17" in length and 11" in height.

Finishing: Using the blunt tip of a needle, carefully remove the fabric threads, a few at a time, between raw edge and row of Cross Stitches; trim if necessary.

Cover samples cross-stitched by Betsy Davies, Libby Klein and Bettiemae Moon.

Easter Crosses, bunnies and Happy New Year concept designed by Patricia O'Neil.

